

Celebrity Buzz

Cruise loses control of bike

pg 22



The world's largest global newspaper

metro



HALIFAX • TUESDAY, MARCH 9, 2010

metronews.ca

Drowning in Debt? Reach Out!



WBI
INCORPORATED
TRUSTEE IN BANKRUPTCY

902 482 2000
4debtrelief.com

Golf season opens early in the Valley

WEATHER There's still a couple of weeks of winter left, but it's golf season in the Annapolis Valley.

The Eagle Crest Golf Club in Centreville, just outside Kentville, opened yesterday.

A spokeswoman at the pro shop says business was steady and they're starting to book up for the weekend.

She says it's by far the earliest they've ever opened and she's not aware of any other course in the province that's open yet.

THE CANADIAN PRESS

News on the Move

What's this barcode for?
Learn how to scan the barcode with the instructions at the top of pg 2



Learning pgs 14-16

Schools push open houses

Food pg 19



Pan-poached salmon recipe

On the web
Visit metronews.ca for news updates



Curling fans get sociable as they take in last night's draw at the Metro Centre. This is the second Brier for the group of eight friends from Alberta and Saskatchewan. More coverage, pages 4 & 11.

Brier **Raise your shot**

NDP support slips

Government's approval rating falls 14 points since August

ALEX BOUTILIER
for Metro Halifax



Poll results

• Voter Intention

	Aug. 2009	Nov. 2009	Feb. 2010
NDP	60%	53%	46%
LIBERAL	18%	22%	26%
CONSERVATIVE	16%	21%	22%

• Leader Popularity

	Aug. 2009	Nov. 2009	Feb. 2010
DARRELL DEXTER	50%	44%	35%
STEPHEN MCNEIL	12%	21%	26%
NEXT PC LEADER	10%	12%	11%

Support for Nova Scotia's NDP government remains strong, but it's waning, according to a new poll.

Forty-six per cent of Nova Scotians would vote for the NDP if an election were held today, down seven percentage points from November and 14 points from August, according to the latest poll released by Halifax-based Corporate Research Associates.

In that same period, the Liberals rose eight points to 26 per cent. Support for the Progressive Conservatives rose six points to 22 per cent.

CRA president Don Mills believes the numbers may reflect the NDP expending some of its political capital — capital he says it will need for the upcoming budget.

"Nova Scotians took a fairly significant leap of faith to elect a government that had never been in government before. And the expectations were very high," Mills said. "The erosion of confidence in the government to do a

different kind of government is starting to be fairly evident."

Mills said the drop in satisfaction is indicative of that erosion.

In August 2009, 61 per cent of Nova Scotians surveyed were satisfied with the government. In this new poll, the number is down to 49 per cent, with

41 per cent of respondents mostly or completely dissatisfied with the government's performance.

Premier Darrell Dexter's popularity also took a hit, but remains the preferred choice for leader at 35 per cent, followed by Stephen McNeil of the Liberals at 26 per cent.

The next leader of the Progressive Conservatives, to be determined this fall, was favoured by 11 per cent.

"Mr. Dexter's numbers are still pretty good," Mills pointed out. "While they've dropped ... they're still higher than they were before the (2009) election."

The poll results are based on the responses of 807 Nova Scotians conducted from Feb. 9-24, and is accurate within 3.4 percentage points.

HRM council lifts winter parking ban

ALEX BOUTILIER
for Metro Halifax



DOWNTOWN People will be parking — and quite possibly dancing — in the streets over the news.

The Halifax Regional Municipality's much-debated overnight winter parking ban was officially lifted last night, four days ahead of schedule. According to HRM spokeswoman Shaune MacKinlay, unseasonably mild weather was the catalyst.

"In light of the fact that we've had a nice long stretch of warm weather, and the forecast looks good ... we're lifting the parking ban effective immediately," she said.

"We're a few days ahead and I think people will be happy about that."

Downtown Halifax Coun. Dawn Sloane, a vocal opponent of the parking ban, petitioned city hall for the early removal citing warm weather and the Tim Hortons Brier taking place at the Metro Centre.

"With good weather, and the Brier being in town ... I just thought, 'I'm going to give it a shot,'" Sloane said. "I'm very happy."

HRM issued a total of 10,503 tickets during the course of the parking ban, which began Dec. 14, 2009.

Tickets

- HRM issued 7,525 fewer tickets than last year, but, due to increased fines, will collect \$525,150 from the tickets — an increase of \$74,200.

ShareYourViews

halifaxletters@metronews.ca

HEAT UP TO 1000 sq. ft. FOR JUST \$2.00 PER DAY



ELECTRIC FURNACE

- Single unit can heat up to 1000 sq. ft.
- Stylish oak cabinet with high quality casters for easy movement.
- Safe for children and pets.
- OPTI-SWITCH™ - high or low heat setting.
- Remote Controlled Thermostat.

EXPERIENCED/REFURBS. NO BOX WORKS GREAT

\$388 ea.

Available only at **LUMBER MART**

HALIFAX - 477-6500
DARTMOUTH - 468-7772



VISIT US ONLINE...
www.lumbermart.ca



1 DOWNLOAD THE FREE SCANLIFE APPLICATION WITH YOUR SMARTPHONE AT 2DSCAN.COM

2 USE THE SCANLIFE APPLICATION ON YOUR SMARTPHONE TO SCAN 2D BARCODES IN METRO

3 THE CODES WILL DIRECT YOUR MOBILE BROWSER TO RELEVANT CONTENT AT M.METRONEWS.CA

Local



fantastic CITY

Become a Facebook fan for a chance to win airfare to any Metro city in Canada.

Look what city is leading now...

HALIFAX
FANS
913

OTTAWA
FANS
375

TORONTO
FANS
1,054

CALGARY
FANS
381

EDMONTON
FANS
266

VANCOUVER
FANS
609

*Total number of fans as of 5:30 PM yesterday. Numbers shown are based on specified criteria. Become a FAN at facebook.com/metrohalthalifax

Suspects armed with knife rob store

SEARCH Police are on the lookout for two men they say brand a knife in robbing the Avery's Farm Market on Highway 7 in Westphal on Sunday night.

Halifax RCMP say two white men wearing black bandanas entered the market at 9:55 p.m. and demanded money and cigarettes from the employees while holding a knife.

Both suspects then fled the store on foot towards Bloom Road. Police say a K-9 unit was brought in and followed a track a short distance. That track then stopped, and police say it's possible the suspects took off in a vehicle waiting for them.

Police say one of male suspects was wearing a black sweatshirt and the other a grey sweatshirt.

METRO HALIFAX

Teen arrested after vehicle break-ins

CRIME A 16-year-old male will appear in youth court next month after Halifax RCMP say they responded to a complaint of vehicles being broken into on Tillock Drive in Lower Sackville.

Police say three males were involved, with the incidents taking place just after 4 a.m. Saturday. When officers arrived, police say three males were running down Prince Street and separated.

A K-9 unit was brought in and picked up the scent of one suspect, who was located in a wooden area behind the Rudder Duck car wash on Sackville Drive.

Police say the 16-year-old had a backpack with stolen items from the vehicles inside.

METRO HALIFAX

metronews.ca
WHAT'S ONLINE TODAY

Blogs Sexcetera has the skinny on online resources for everyone from committed couples to single seniors

ADVERTISE TODAY!
1 888 91 metro (6376)

Family in pursuit of justice

Loved ones issue public plea for help after woman's slaying

International
Women's Day
ALEX BOUTILIER
for Metro Halifax

Ten months after the body of Tanya Brooks was found in a window well of St. Patrick's-Alexandra School in Halifax, her family is still hopeful someone will come forward with information on her murder.

Brooks' family gathered at the Mi'kmaq Native Friendship Centre on Gottingen Street yesterday, only a few blocks away from where Brooks' body was found on May 11, 2009.

They travelled from the Millbrook First Nation to a press conference to mark International Women's Day and to call attention to the more than 500 aboriginal Canadian women who are missing or have been murdered.

Brooks' sister, Maggie Brooks, expressed her frustration that no one is in custody for the killing.

"As of today with the Halifax Regional (Police), there has been no arrest made in her murder," she said. "We urge anyone who has, or may have, any information that has not already spoken to police to please come forward."

Cheryl Maloney, president of the Nova Scotia Native Women's Association, said the statistics of murdered and missing aboriginal women in Canada is evidence of unfair and unequal treatment.

"Aboriginal women are five times more likely to



Connie Brooks wipes away a tear as she sits with her son Jason during a press conference at the Mi'kmaq Native Friendship Centre to mark International Women's Day yesterday. Brooks' daughter Tanya was found murdered on the grounds of St. Patrick's-Alexandra School last May.

Victoria Paul

• The family of the late Victoria Paul of Indian Brook First Nation was also at yesterday's press conference. Paul wasn't murdered, but her family believes Truro police took too long in getting her medical help after she suffered a stroke while in its jail cells.



Tanya Brooks

poverty and discrimination."

Maloney said the NSNWA is also calling upon people to come forward with any information surrounding Brooks' murder. Brooks was originally from Millbrook but was living in Halifax when she was murdered.

dered.

"Tanya's murder remains unsolved for the past 10 months," Maloney said. "Her family seeks justice and the closure they deserve."

As for Maggie Brooks and her family, they remain hopeful new information will lead to an arrest in Tanya's murder so they can begin to move along.

"The family can't heal. The process cannot even begin until the answers that we seek are given to us," Maggie said. "And the biggest question is 'Why?'"

Rally gathers almost 100 in support of women

ALEX BOUTILIER
for Metro Halifax

DOWNTOWN Close to 100 people gathered at a rally for International Women's Day at Grand Parade in downtown Halifax yesterday.

The rally, dubbed "Looking Back and Marching Forward," was held to speak out on women's struggles and achievements in the past, while preparing for challenges to come.

"We faced a lot this year," said organizer Rebecca Rose, noting the fed-

NSCC bursary up for grabs

• Women studying sciences or trades and technology at the Nova Scotia Community College can apply for a bursary looking to advance women's economic equality.

The department of education, EnCana Corp. and the Advisory Council on the Status of Women announced yesterday they are supporting the \$20,000 bursary, which will provide two \$3,500 awards and 13 \$1,000 awards for stu-

dents studying in the fields.

The money is part of the Bread and Roses bursary program, established by the council last year to encourage more women to enter higher-paying work and to mark International Women's Day.

A government release said women can use the bursary money for child care, transportation, tuition, school supplies or other related necessities.

METRO HALIFAX

the crisis in Haiti, and recent attacks on gender and women's studies programs in universities across Canada.

"In the year to come, the G8 summit is happening in Halifax and the theme is maternal health," she said. "But there's been really no talk about reproductive rights, birth control, access to abortion ... so that's a challenge, for sure."

The rally featured speakers from disparate backgrounds on a number of subjects, including university professors, activists, and non-governmental organization workers.

Brindi's fate in balance as hearing set for today

COURT The fate of Brindi the dog could be determined today.

A sentence hearing for Francesca Rogier, whose mixed-breed dog Brindi was seized by animal control two years ago, is scheduled for Dartmouth provincial court this morning beginning at 9:30 a.m.

Brindi was seized by animal-control officers in July 2008 and ordered destroyed after attacking other dogs. The five-year-old has been kept at a shelter run by the Society for the Prevention of Cruelty to Animals.

Rogier was found guilty last month on three counts of violating an animal-control bylaw after her dog attacked another animal last July.

Judge Alanna Murphy will hear arguments from the Crown and Rogier before deciding how to proceed. She has several options to choose from, including having the dog put down.

METRO HALIFAX/
THE CANADIAN PRESS

ATV pair charged with drunk driving

CRIME Two ATV drivers are facing charges of impaired driving from over the weekend.

Halifax RCMP say a 16-year-old male operating an ATV on Prospect Road was arrested, along with a 35-year-old man on Leeward Avenue in Hammonds Plains.

Both will appear in court at a later date.

Halifax RCMP also arrested four people for impaired driving of a car or truck during the weekend.

In the last five weeks, the local RCMP have charged 23 people with impaired-driving offences.

METRO HALIFAX

m.metronews.ca



Scan this barcode for more local news on your smartphone. Learn how to scan the barcode with the instructions at the top of this page

Police to focus patrols on running lights, car cellphone use in March

Halifax Regional Police and Halifax RCMP Integrated Traffic Unit is focusing patrols on daytime running lights and using cellphones while driving during March. In February, the focus was tinted windows and suspended drivers, with 1,198 tickets issued, including 32 for tinted windows and nine for driving while suspended. **METRO HALIFAX**

Lower Sackville man found

Volunteer on ATV locates 71-year-old in old logging road ditch

PHILIP CROUCHER
philip.croucher@metronews.ca

A resident volunteering his time located a missing 71-year-old man yesterday in the Fletchers Lake area.

Halifax RCMP, Halifax Search and Rescue and the Department of Natural Resources assisted in the search for Brian Archibald Davidson, reported missing Sunday afternoon after police say he got out of his car en route to the Halifax Stanfield International Air-

port on Highway 102.

Police spokesman Cpl. Joe Taplin said they received a call from area resident Don Reid yesterday morning telling them he was going to help look for Donaldson on his ATV.

Reid went down a logging road about one kilometre off of Holland Road



Brian Archibald Davidson

"He was a little shook up, but seemed OK."

Cpl. Joe Taplin on missing man

and found Davidson lying down in a ditch.

"He was a little shook up, but seemed OK," Taplin said of Davidson, who was then taken to hospital as a precautionary measure. Police believe he spent the entire night outside.

Taplin said Davidson was driving to the airport with his common-law spouse and daughter Sunday afternoon when he became agitated, pulled to the side of the road, got out and wouldn't get back in the car.

Taplin said Davidson — who suffers from short-term memory loss — continually refused to get back in the car, and was last seen on the other side of the highway, walking back towards Lower Sackville, where he resides.

Cape Breton firms get \$7.7M cleanup contracts

SYDNEY Two contracts worth \$7.7-million have been awarded to two Cape Breton companies as the cleanup of the Sydney tar ponds and coke ovens site continues.

McNally Construction Inc. of Port Hawkesbury has landed a \$3.8-million contract to remove contaminated material from the coke ovens brook and to build a protective liner along its bottom.

The work, expected to run from April to October will connect the groundwater treatment system, which

ShareYourViews

halifaxletters@metronews.ca

is under construction, with an engineered channel.

A \$3.9-million two-year contract has also been awarded to ALL-TECH Environmental Services of Sydney to continue monitoring air quality for the Sydney Tar Ponds Agency.

In January, 2007, Ottawa and the province committed \$400 million toward the cleanup which is expected to be completed by 2014.

THE CANADIAN PRESS

Sydney restaurant, nightclub close

ECONOMY Sydney's Joe's Warehouse and Smooth Herman's nightclub have shut their doors.

Staff was given the news Sunday night.

"The problem just boiled down to the economy," said the Sydney restaurant's co-founder Joe Salter, adding Smooth Herman's was especially hard hit by a slumping economy.

Joe's Warehouse and Smooth Herman's are owned by Salter's daughter Sara Figliomeni, who took over the businesses in 2005. Figliomeni also owns Sara's Simply Delicious Bakery, located below Joe's Warehouse.

CAPE BRETON POST

News in brief

KENTVILLE A Nova Scotia man accused of stealing hundreds of thousands of dollars from three district health authorities returned to court yesterday, but without his lawyer. As a result, the case against Cary Lee Hollett, 42, of Belmont was set over until April 19.

THE CANADIAN PRESS

Events Nova Scotia replaces original HRM focus

PAUL MCLEOD
paul.mcleod@metronews.ca

TOURISM Events Halifax has now been replaced with the bigger, and hopefully better, Events Nova Scotia.

Both the province and federal government via the Atlantic Canada Opportunities Agency kicked in \$300,000 in the hopes the new agency can bring in more big-ticket events to the province.

"Events Halifax obviously did have a focus and an emphasis on HRM," said Grant MacDonald, director of major events and community partnerships with the new organization.

"This will enable us to have a much wider footprint, which will allow us to share information, share resources and partner community to community."

That could mean more areas joining together to co-host events, according to MacDonald. While he couldn't predict how many yearly marquee events could be coming to Nova Scotia, he said the new



Grant MacDonald, director of major events and community partnerships for Events Nova Scotia, speaks at the Halifax Marriott Harbourfront hotel yesterday. Events Halifax has now become Events Nova Scotia in order to bring more high-profile events to the entire province.

World Trade and Convention Centre planned for downtown Halifax will have a big impact.

As an example, MacDonald said the approximately 1,700-capacity Brier Patch at the Tim Hortons Brier

currently being held at the Metro Centre would be "much larger" if the trade centre existed today.

Events Nova Scotia also marks a new, more government-integrated approach to tourism marketing.

Events Halifax was a business unit of Trade Centre Limited and operated out of the revenue from events. Now Trade Centre Limited is the service provider who will be running the new agency.

Feb. housing starts more than double in HRM

CONSTRUCTION Halifax housing starts in February more than doubled in number from a year ago, according to the Canadian Mortgage Housing Corporation.

There were 292 housing starts last month, compared with only 128 in February of 2009. Single starts rose from 22 to 80 units while multiple starts doubled exactly, from 106 to 212.

Halifax's numbers exceeded a busy month across the country. Overall starts in Canada hit 10,361, an 83 per cent increase over a year ago.

Outside of HRM numbers stalled. Cape Breton Regional Municipality saw starts jump from only four to six. Amongst all other areas in Nova Scotia with a population of 10,000 or more, starts were down to 14 from 21.

METRO HALIFAX

WALK OR RUN with TEAM DIABETES



Walk or run at various exciting Canadian and international locations. Team Diabetes prepares you for the physical challenge and helps you achieve your fundraising and training goals.

Join us at the Blue Nose Marathon. Travel with us to Dublin, Ireland or the Grand Canyon, Arizona.

Reserve your spot! Contact Tom at 902-453-4232 ext. 3241 or tom.sullivan@diabetes.ca today!

Make a change in your life and the lives of people living with diabetes.



Canadian Diabetes Association



Highway 105 is getting a new name. The Nova Scotia government has scheduled an announcement for tomorrow to rename the section of the Trans-Canada Highway linking North Sydney and Port Hastings. The announcement will be made at Alexander Graham Bell museum in Baddeck. **THE CANADIAN PRESS**

Patching together Brier outfits, cheers

PAUL MCLEOD
paul.mcleod@metronews.ca

The first step to watching the Tim Hortons Brier live is yelling. Lots of yelling.

The Halifax Metro Centre will be echoing with chants all week as fans from different provinces try to out-do each other.

Neil Boles of Three Hills, Alta., demonstrated the proper form yesterday with a high-pitched bird call-esque cry of "Koooooooeeeeee! Koooooooeeeeee!"

Sitting nearby, the father of Team Alberta skip Kevin Koe turned around and flashed him a thumbs up.

"You have to be a loud cheerer, that's the main thing," Boles said.

Having a blood-alcohol level above zero never hurts, either.

"And drink a lot at the patch," he added. "You've got to go to the Brier Patch."

Wardrobe is also key. Boles and his three friends were enjoying their fifth straight Brier wearing



Joe Von Freier, left, and Mark Boles from Three Hills, Alta., have a laugh as they watch Team Alberta take on Team Saskatchewan at the 2010 Tim Hortons Brier at the Metro Centre last night.

comically oversized cowboy hats.

"We bought them to start with, then we had to do a little customizing on them," said Mark Trentham. "They don't make

something this stupid, my friend. You have to make it yourself."

Bob Osborne of St. John's, N.L., was sporting his 15-year-old homemade "stonehead" styrofoam hat

shaped like a curling rock.

"I love this," he said of the games. "Bring more people in and cheer for this misses, cheer for the hits."

While most of the

"They don't make something this stupid, my friend. You have to make it yourself."

Mark Trentham, curling fan

chants involved provinces or the names of skips, some fans liked to mix it up with shouts of "Riiico-laaa" or random nouns like "Rocks!"

When it comes to flags, some wave mini-versions, some stand and flap large ones above their heads, and then there's Tony Korte of Saskatoon, Sask.

Korte is unmistakable as he intermittently sprints around the Metro Centre waving an eight-foot high flag and wailing the name of his home province.

Korte loves to get his fellow fans riled up, regardless of where they're from.

"It's just fun, winning or losing. Like last night, when we got beat by Newfoundland we cheered for Newfoundland," he said.

Library gets funds to stay online

INTERNET Libraries across Nova Scotia have been told they will continue to receive the funding that pays for public Internet access next fiscal year.

The news came from provincial librarian Jennifer Evans, who in November had informed regional librarians the Nova Scotia Provincial Library, which comes under the budget of the provincial Education Department, may not be able to cover the \$300,000 costs for the ED-net Internet access for the province's public libraries beyond this fiscal year.

Regional librarian Faye MacDougall was relieved to hear the Cape Breton Regional Library will be receiving the \$41,904 to cover the costs of public Internet service at its 13 branches.

"We are very pleased to hear that," she said yesterday. "We are struggling to meet demand for service, so it is a relief to know we are not going to have to cover these costs."

CAPE BRETON POST

RCMP-GRC

ROYAL CANADIAN MOUNTED POLICE • GENDARMERIE ROYALE DU CANADA

Community Open House Halifax District RCMP

Halifax District RCMP would like to thank the public for the overwhelming support of the integrated policing model. Please join the management team and local officers for an 'Open House' in your area. Refreshments will be provided.

March 11, 2010

RCMP Detachments in Tantallon, Lower Sackville

and Cole Harbour

2:00 – 5:00 PM

March 12, 2010

RCMP Detachments in Musquodoboit Harbour,

Middle Musquodoboit and Sheet Harbour

2:00 – 5:00 PM

Royal Canadian Mounted Police
Gendarmierie royale du Canada

Canada

Born in P.E.I., oldest person in the U.S. dies

RECORD A Prince Edward Island-born woman certified as the oldest person in the United States has died.

Mary Josephine Ray, who was living in New Hampshire, died Sunday at a Westmoreland nursing home at 114 years and 294 days old.

The Gerontology Research Group says until her death, Ray was the oldest person in the United States and the second-oldest person in the world.

The oldest living American now is Neva Morris of Ames, Iowa, who is 114 years, 216 days.

At 114 years, 301 days old, Japan's Kama Chinen is the world's oldest person.

Ray moved from Canada to the United States at age 3. She lived for 60 years in Anson, Maine, and moved to Westmoreland in 2002 to be near her children.

THE ASSOCIATED PRESS

BIGGEST SALE
of the Season

Wilson flooring
Serving Nova Scotia for over 25 years!

Come in today and receive great discounts on select Shaw Carpets, Mirage Hardwood, Mannington Laminate, ceramics and more.

Specializing in custom full house flooring packages....including stairs!

832-9800 • 2 Bluewater Road, Bedford, NS • www.WilsonFlooring.ca

'Pastor' sentenced to nine more months for another sex assault

A self-described pastor who is serving time for sexually assaulting a minor he claimed was his child bride has been sentenced to an additional nine months for abusing another girl. Daniel Cormier was convicted of sexually assaulting a 16-year-old who was a parishioner and volunteer at his now-defunct Church of Downtown Montreal. **THE CANADIAN PRESS**

5

Canada



Palins used Canadian health care

Sarah Palin's weekend admission that her family once travelled to Canada for treatment under the public health-care system she's so often demonized prompted ridicule among her critics yesterday. "Believe it or not — this was in the '60s — we used to hustle on over the border for health care that we would receive in Whitehorse ... and I think, isn't that kind of ironic now," Palin told an audience in Calgary on Saturday. **THE CANADIAN PRESS**

Tories axe 245 patronage jobs

The federal government has taken what is expected to be the first step in its efforts to rein in the civil service, trimming 245 patronage jobs on boards, agencies and tribunals.

The announcement from Treasury Board president Stockwell Day is largely symbolic, since the governor-in-council positions are largely funded through honorariums and expense charges.

Day said he expects the savings will total between \$1 million and \$1.25 million a year.

But the minister made clear more is coming. He said he has no specific number for how much

smaller he wants the public service to be, but noted there is flexibility for cuts.

"We're going to continue (the) process of service reviews," he said. "We're not going to put a number in terms of individuals ... the fact is every year about 13,000 Day people leave the public service, that alone creates opportunities, breathing room for departments to make decisions (on staffing)."

In last week's budget, Finance Minister Jim Flaherty froze budgets, even though unionized public servants

are in line to receive a 1.5 per cent salary boost in July.

The reductions include 40 positions from the Canada Pension Plan and Old Age Security review tribunals and 18 from the Canadian Centre for Occupational Health and Safety.

Day said about 90 per cent of the positions targeted were already vacant and that he was confident there would be no impact on the functioning of the agencies.

But NDP MP Pat Martin disputed that, saying some loss of quality of services would result, specifically

naming the CPP tribunals and the occupational health and safety centre.

The bigger concern, said Martin, is what the government will do next. "The public service is an easy target," he said.

"You have to be seen doing something so you go after the public service."

THE CANADIAN PRESS

m.metronews.ca



Saying Canada has abandoned its role, activists vow to stir the pot at G20 summit. Scan this code for the story.

Ottawa A dance of protest



Persian women dance in front of the Iranian Embassy in Ottawa to mark International Women's Day. The performance served as a protest against the oppression of women under the current Iranian regime.

Today's special at parliamentary eatery: Seal meat

OTTAWA Seal meat hors-d'oeuvre and main courses will be on the lunch menu at the parliamentary restaurant tomorrow.

Senator Celine Hervieux-Payette says representatives of all political parties on Parliament Hill plan to sample the delicacies. The restaurant, an exclusive enclave for senators, MPs and journalists, said last fall it would add seal to a menu which features beef tenderloin, salmon, even bison.

The idea of serving seal came after Gov. Gen. Michaëlle Jean gnawed on a piece of raw seal heart during a northern visit last fall.

While she was sharply criticized in Europe by seal hunt opponents, Ottawa politicians decided to follow her lead.

THE CANADIAN PRESS

News in brief

PERJURY A B.C. Supreme Court judge has dismissed the jury in the perjury trial of Inderjit Singh Reyat before jurors had a chance to hear any evidence. Reyat's trial was set to begin yesterday, but the start was delayed for several hours. The reasons for that delay and for the dismissal are banned from publication. Reyat testified for the Crown at the 2003 trial of two men who were acquitted in the Air India bombing, but an indictment lists 27 instances in which prosecutors allege he lied. **THE CANADIAN PRESS**



Haitian President Rene Preval points out the damage to the presidential palace to Gov. Gen. Michaëlle Jean and her husband, Jean-Daniel Lafond, in Port-au-Prince, Haiti yesterday.

Jean takes emotional tour of Haiti

PORT-AU-PRINCE There were tears, hugs and Creole songs as a mobbed Gov. Gen. Michaëlle Jean returned to her native Haiti yesterday for an emotional tour of the island's wreckage as well as its hopes.

Both were on constant display from the moment Jean stepped onto the lawn of the collapsed Palais national.

"Mourning is one thing," Jean said after a meeting with Haitian President René Préval. "Making sure that life triumphs over destruction is the focus."

Préval, who moments earlier had spoken of Haiti's historic chance to rebuild, had also noted

"I want to tell you ... we, the women of Haiti, are still here."

Nadeje Augustin

that the godmother of Jean's child had perished in the Jan. 12 earthquake.

Jean's next stop was Sainte Trinité Episcopal Cathedral, the UNESCO World Heritage Site where Jean was baptized. It is now mostly tons of rubble.

Sainte Trinité, with long connections to the Jean family, had been famed for its biblical murals painted by some of Haiti's most noted artists. Ducatin had

a surviving fragment of one mural, painted by an artist from Jean's hometown of Jacmel, to present to the Governor General.

Later, at an otherwise jubilant rally amid the ruins of the Ministry of Women's Rights, Jean finally cried during a song dedicated to a friend who died in the quake, the feminist Magaline Marcelin.

After being serenaded by hundreds of women, Jean was greeted by Nadeje Augustin, the deputy mayor of Port-au-Prince. "I want to tell you: Walls fell. Many people are dead," Augustin said. "But we, the women of Haiti, are still here."

TORSTAR NEWS SERVICE

Throne speech well-received: Poll

SURVEY A new poll suggests that most Canadians who tuned into the speech from the throne liked what they heard.

And it also suggests more people approved of the federal budget than opposed it.

The Canadian Press Harris-Decima survey says 87 per cent of those surveyed agreed with the throne speech proposal to freeze the salaries of MPs and sen-

ators.

Another 79 per cent backed the speech's promise of more tough-on-crime legislation.

Support was more muted for the budget: 42 per cent supported it, while 28 per cent opposed it.

The poll of 1,905 adults was conducted between March 4-7, and has a margin of error of 2.2 percentage points, 19 times out of 20. **THE CANADIAN PRESS**

MERCER'S BEST BUILT STRUCTURES INC



We build your dreams!

We are Nova Scotia's garage builder and full service contractor. Come see us for a **free upgrade** with purchase at:

The Real Home Show, March 12 (Halifax Forum)
The Ideal Home Show, March 25 (Exhibition Park)

QUALITY & AFFORDABILITY

482-4767 • 827-6936 • BestBuiltStructures.ca

Rape victims seeking justice in Cambodia face serious obstacles such as police who demand bribes before making an arrest, a human rights report released yesterday said. **THE ASSOCIATED PRESS**

World



Conference will craft plan for Taliban

Afghan President Hamid Karzai said yesterday that an action plan to reintegrate low- to mid-level insurgent fighters into society and negotiate with the Taliban's top echelon will be crafted at a springtime peace conference aimed at ending the war. Karzai has already extended the government's offer to members of the Taliban who renounce ties to al-Qaida and other terrorist networks and agree to embrace the Afghan constitution.

THE ASSOCIATED PRESS

Saving seats for women protested

NEW DELHI India's government introduced a bill yesterday that would reserve one-third of the legislature's seats for women, angering lawmakers who tore up papers and tried to tear out microphones. The protests stalled debate and voting on the proposal until at least today. The bill has faced strong opposition since it was first proposed more than a decade ago, with many political leaders worried that their male-dominated parties would lose seats under a female quota system.

THE ASSOCIATED PRESS

m.metronews.ca



Cheaters never win? Not when it comes to nuclear energy, says Nicolas Sarkozy. Scan this code for the story.

El Salvador Celebrating Women's Day



Women march to celebrate International Women's Day in San Salvador, El Salvador, yesterday. In many countries in Latin America, the day will be dedicated to honour and remember the resilience of Haitian women, and the lives of three feminist Haitian activists who died during the catastrophic earthquake.

Getting to 100 in the genes?

It may not quite measure up to the fabled Fountain of Youth, but U.S. researchers say they are beginning to unlock the genetic mysteries of those who live astonishingly long and healthy lives.

And to put a complex story in its most compelling context, the mystery boils down to this: with an active lifestyle, and help from breakthrough medicines envisioned within our era, the chances of you sticking around to age 100 and beyond are better than ever.

So says the New England Centenarian Study, which is readying to publish surprising new discoveries culled from its latest trove of genetic mapping of Americans still ticking after 100 years of life.

The upshot is genes matter — but not as rigidly as you might think. The Boston-based group's findings suggest there are multiple genetic pathways to the century mark — a breadth of different variations and combinations of genes that deliver the prize of triple-digit longevity.

"There is a still tremendous amount still to be learned. But what this suggests is rather dramatic — you or I can both win the lottery of living to 100 with different combinations of genes," said Dr. Thomas Perls, director of the New England study group.

Perls work is more easily done nowadays, given the surfeit of centenarians, who now are the fastest-growing age group in the United States, at 84,000 and counting. Some projections suggest their ranks will approach one million by 2050.

The number of Canadian centenarians appears to be comparatively smaller, with 6,000 people 100 or older, according to Canada's Chief Actuary, Jean-Claude Menard. But that figure too is growing at a rapid rate.

Canada, however, does rank as the birthplace of 114-year-old Mary Josephine Ray, who, until her death Sunday, was the world's oldest verified American. She lived her first three years in Bloomfield, P.E.I., before moving south with her parents.

TORSTAR NEWS SERVICE




THE REAL

HOME SHOW

2010

March 12, 13, 14 Halifax Forum Complex

Walk in with a **Vision**. Walk out with a **Plan**.

Building, Buying or Renovating your Home?

At The Real Home Show 2010 you can talk to builders, renovators, and industry professionals to find out all the answers to your questions. It is the largest gathering of Award Winning Builders & Renovations in Nova Scotia.

Cleaner, Greener Building

Dedicated to energy efficiency and energy saving products and services. Learn valuable tips on how to make your home more energy efficient.

The One Million dollars Contest

The Real Home Show 2010 will feature an exciting new contest with the potential for you to win One Million Dollars. Don't miss your opportunity to play for this amazing prize.

YOU COULD WIN \$1,000,000*

*All you need to win is one of the Real Home Show 2010.



THE REAL

HOME SHOW

2010

March 12, 13, 14 Halifax Forum Complex
Fri. 10am-8pm | Sat. 10am-7pm | Sun. 10am-5pm

\$1 off Admission

Regular Admission: \$7 (person with this Coupon: \$6) person
Children Under 12 admitted FREE when accompanied by an adult

PRODUCED BY:

NOVA SCOTIA
HOME BUILDERS' ASSOCIATION

PRESENTED BY:

MEDIA PARTNER
The Chronicle Herald

INDUSTRY PARTNERS
Bell Aliant

ENERGY PARTNER
POWER

revolve
closer to
ENERGY FOR NEW HOUSES
HALIFAX
FLOORS
KNOX
AUSTIN

Seismologists: String of earthquakes is coincidental

EARTHQUAKES Experts say there is nothing unusual about the latest spate of earthquakes in Haiti, Chile and now Turkey, but their devastation illustrates how growing construction along the world's fault lines can lead to massive casualties.

Seismologists say that although one powerful quake can conceivably raise the risk for others elsewhere, the recent string of quakes is probably just coincidence. Bob Holdsworth, an expert in tectonics at Durham University, said yesterday that "I can definitely tell you that the world is not coming to an

"I can definitely tell you that the world is not coming to an end."

Tectonics expert
Bob Holdsworth

end." Bernard Doft, the seismologist for the Royal Netherlands Meteorological Institute, says there is no direct connection between the lethal quakes that have struck Haiti, Chile and Turkey. "These events are too far apart to be of direct influence to each other," he said.

THE ASSOCIATED PRESS

News in brief

NETHERLANDS A Catholic bishop has called for an independent investigation into the sexual abuse of children by priests after 200 alleged victims contacted help services last week.

NIGERIA Workers carried bodies to mass graves yesterday, a day after rioters armed with machetes killed more than 200 people in religious violence.

THE ASSOCIATED PRESS

Napa Valley may face foreclosures

For California's Napa Valley, the priciest U.S. wine region, 2010 may be in for a year for foreclosures due to falling land values and a consumer shift to cheaper brands. **METRO NEWS SERVICES**

7

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Tokyo **Facing the music**

Toyota Motor Corp. president Akio Toyoda, centre, answers a reporter's question after his meeting with Japanese Prime Minister Yukio Hatoyama at Hatoyama's official residence in Tokyo yesterday. Toyoda's meeting with the Japanese leader yesterday came after his recent visits to Washington and Beijing, where he appeared before U.S. lawmakers and Chinese media, respectively, to talk about his company's recall of vehicles.

Youth set to boost housing market

Young Canadians are expected to give a boost to Canada's housing market this year as more of them tie the knot, get full-time jobs, and see those opportunities as major reasons to make take the plunge and buy a home.

A new study by the Royal Bank suggests that younger Canadians aged 18 to 24 are about to take the market by storm, with about 15 per cent of those surveyed in that age bracket saying they are very likely to buy, almost double the level recorded in 2009.

It's a marked shift in the attitudes of younger Canadians, who have tightened their budgets over the past few years to cope with tough jobs markets and a

10 The percentage of the 2,047 people of all ages surveyed for the 17th annual RBC home ownership study said they plan to buy a home within two years — up from seven per cent two years ago.

recessions.

The latest survey shows that overall attitudes are changing as more Canadians return to shopping for homes as the economy recovers, even though it's considered a seller's market.

"Confidence in the housing market is back, essentially," RBC senior economist Robert Hogue said yesterday.

Royal Bank said the

study found more Canadians are "very likely" to buy a new home in the next two years.

The Canada Mortgage and Housing Corp. said that the seasonally adjusted annual rate of housing starts reached 196,700 units in February, an increase from 185,400 in January 2010.

The report showed the gain was concentrated in the multiple starts segment, particularly in Toronto.

Urban starts increased nine per cent to 179,100 units in February. Urban multiple starts increased by 19.1 per cent to 89,900 units, while single urban starts increased by 0.5 per cent.

THE CANADIAN PRESS

m.metronews.ca



Toyota fires back at critic who blames electronics for sudden acceleration issue. Scan this code for the story.

Business in brief

AIRLINE WestJet Airlines Ltd. has unveiled its long-delayed credit card and frequent flyer programs. Programs were slated to be introduced last June, but were put on hold until kinks in WestJet's reservation system could be worked out.

SETTLEMENT Investors who bought shares in the formerly publicly traded CP Ships from January 2003 until August 2004 are being advised to submit a claim for a share of \$12.8 million from a class-action settlement.

THE CANADIAN PRESS

Comwave Knocks Out the Competition with Guaranteed Lowest Rates FOR LIFE!

Make Long Distance and Overseas Calls From Your CELL PHONE!

at our **GUARANTEED LOWEST RATES!**



CUBA 89.9¢/min	INDIA 2.9¢/min	PAKISTAN 5.9¢/min	PHILIPPINES 11.9¢/min
-----------------------	-----------------------	--------------------------	------------------------------

Afghanistan...24.9 ¢	Kuwait.....6.9 ¢	Honduras.....15.9 ¢
Bangladesh...3.9 ¢	Lebanon9.9 ¢	Iraq.....4.9 ¢
Barbados.....9.9 ¢	Libya.....24.9 ¢	Israel.....2.9 ¢
Chile.....2.9 ¢	Nepal.....7.9 ¢	Italy.....2.9 ¢
China.....2.9 ¢	Oman.....14.9 ¢	Russia.....2.9 ¢
Ecuador.....12.9 ¢	Fiji.....24.9 ¢	Saudi Arabia...3.9 ¢
El Salvador...9.9 ¢	Ghana.....9.9 ¢	South Korea...2.9 ¢
Jamaica.....8.9 ¢	Greece.....2.9 ¢	Sri Lanka.....11.9 ¢
Jordan.....3.9 ¢	Guatemala.....10.9 ¢	Trinidad.....4.9 ¢
Kenya.....6.9 ¢	Guyana.....27.9 ¢	U.A.E.....16.9 ¢

If you EVER Find a Lower Rate Simply Call us and we'll Beat it... **GUARANTEED!**

UNLIMITED

Calling to Anywhere in

CANADA

From your Home or Cell Phone!

\$5
/month

UNLIMITED

Calling to

INDIA

(From Your Home or EVEN from your CELL PHONE)

only
\$29.95
/month



comwave

www.comwave.net

1-866-519-8090

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. LONG DISTANCE: Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. 2.9 Cents per minute to India is based on a monthly plan of \$10/month for 335 minutes. Unused minutes do not roll over to the following month. Rate Guarantee is based on competitors lowest advertised rate for like services. Unlimited India \$29.95 per month is based on a 1 year term where early cancellation fees apply (Monthly plan only \$5 more at \$34.95). There is a 30 day satisfaction period where you may cancel at any time. Unlimited Canada plan does not include calls to the Yukon, Nunavut or N.W.T.

BMO	CIBC	HSBC	ICICI	ING	PCF	RBC	SBIC	Scotia	TD
1.00%	0.75%	0.65%	1.20%	1.20%	1.00%	0.75%	1.15%	1.00%	0.75%

Your Money

EDITOR: FERMIN.DESOUZA@METRONWS.CA

Seizing your tax power

AlisonOnMoney

Alison Griffiths

metronews.ca/alisononmoney

When I filled out my first tax return (too many years ago to state the number in a national column!), most Canadians did their own taxes — on paper. Today, 52 per cent of us pay someone else to do the annual chore. And that's a shame.

Every time you turn over your tax return to someone else you take a big step away from financial con-

trol. I know because I once started down that road.

With kids, a career, a marriage — not to mention an ever growing menagerie — there didn't seem to be enough time; also my return had become more complicated. But with an accountant doing the job I found myself understanding less and less about what was going on with my money. On top of that I was paying other people to make mistakes — and mistakes were made.

More than half of those who pay someone to do their taxes state they don't have the confidence or knowledge to tackle it

themselves. However, today's tax software programs are simple to use.

Starting at around \$19.99 popular titles include

Quick Tax, UFile, HR Block, TurboTax, Cantax and GenuTax.

Most offer multiple returns and often unlimited ones for low income filers. Couples can file together and the programs optimize who should claim a host of deductions from charitable donations through to medical expenses and the transfer of tuition and disability amounts.

Even small business owners and the self-employed

can complete their returns easily. For example, use of home deductions are clearly laid out in these programs. You just plug in the number of rooms or percentage floor area plus figures for expenses such as hydro.

You may still end up on the phone with Canada Revenue Agency or with the software publisher (if you've upgraded to phone support) for clarification — it's income tax after all. However, if you take this step you will, as I did, achieve a sense of power over your finances. And I'm a big fan of seizing power when you can.

Alison Griffiths is a financial journalist, author and host of Moxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

ALISON'S MONEY RULE
Looking for a sure fire way to save some money this tax season? Do your own return.

One more reason to hate spam

HEATHER BUCHAN
For Metro Canada

We've all received a forwarded email from a friend, containing a humorous or feel-good message, that ask us to pass it along to 10 others with the promise of "something good happening." And, many of us have done it. Seemingly harmless, right?

Not so, says Tim Richardson, an e-commerce professor at Seneca College. This is a typical scam and contributes to identity theft.

"If you pass on a message, what you're doing is allowing the originator of the message to collect all these email addresses, which will then be used to send out spam email," he says.

Spam is one way fraud-

sters try to obtain personal information, including banking passwords, by sending out mass emails or text messages that appear to come from legitimate businesses. Also known as phishing, many Canadians have been tricked into sharing their financial information.

Typically, the email will claim to be from your bank asking you to update your personal information.

According to the RCMP's anti-fraud squad, instant messaging and social networking sites also make users more vulnerable to blackmail scams from new virtual "friends."

Law enforcement agencies have seen a rise in cases of people being blackmailed by "virtual" friends, who make demands for money.

Fraud Prevention

Service Directory

To advertise contact Chris Cannon at 421-5826

REALTY

PINK INK REALTY LTD.
Anna Murphy
902.448.1008
yourluxuryconnection.ca
Portion of sales benefits Hearts for Haiti.

DINING

gracious indian
2156 Windsor St - Halifax

Like fast-food, only better!
Call 407-0707 or order online:
www.graciousindian.com

BEAUTY & FITNESS

naturally beautiful
body & facial enhancements
Holistic NON-INVASIVE therapy that tones, firm and lift face and body. 100% natural and pain free.
902.252.3395
naturally-beautiful.ca

HOME IMPROVEMENT

CENTRAL ROOFING
Specializing in asphalt shingling and flat roofing
830-1800 • centralroofing.ca

Metro WINDOWS & DOORS LTD.

HOME IMPROVEMENT

grain • design/build • renovations • restorations
902.402.6494
www.grainspaces.ca

WANTED BUSINESS PROFESSIONALS

Attend our CAREER SEMINAR!
Join the area's leading real estate firm with immediate openings.
Wednesday, March 31 at 7pm
Royal LePage Atlantic Offices,
7075 Bayers Road
Call Matt to register 222-0730
ROYAL LEPAGE Atlantic
GO BEYOND

RETAIL

Shop DEL SOL
and get a free gift when you show your Brian Ticket
Color Changing fun in the Sun!
Jewelry, t-shirts, watches, nail polish, and clothing.
1475 Lower Water St, Bishops Landing • 429-2261
www.delsol.com • Parking Available
*One gift per family, while quantities last

U weight loss clinic
GUARANTEED WEIGHT LOSS
CALL 902.431.8746
www.uweightloss.com

FABULOUS AFFORDABLE SERVICES
Hair • Esthetics • Nails
Antoinette's Esthetics and Nails Ltd
444.9222 • 6A Titus St, Fairview
www.antoinettes.ca

WINTER BOOKING SALE
Book before March 31 & save!
Guaranteed Quality Installations • Free Estimates
Dartmouth: 468-4373 • Halifax: 455-0874
www.metrowindows.ca

Handy Fella Services
Contractor & Professional Handyman Services
Handy Home and Business Repairs, Upgrades and Renovations:
• plumbing • carpentry • drywall repairs
• electrical • painting • flooring
• junk and garbage removal.
You name it! No job too big! No job too small!
Contact Kevin:
402-0809 • handyfella@live.ca
A helping hand at a reasonable rate.

LANDSCAPING

Student Lawn Mowing Services in Halifax and Dartmouth Areas
DC Lawn Services
Insured • Affordable • Senior Discounts
CALL US TODAY!
902.222.5023
www.DCLawnServices.com

ADVERTISING

METRO'S SERVICE DIRECTORY
Full colour ads, display design, all for as little as \$15 per day! Contact Chris Cannon at 421-5826

CLEANING SERVICES
Dusty Bee
Home and business cleaning services available.
Call us today!
401-1597
Visit us online at dbprocleaning.com

pur alternatives
Specializing in natural, toxin-free products for the whole family
902 407 3660
Barrington Place Shops, Downtown Halifax
www.puralternatives.ca

FABRICATION
PLASTIC WORLD & Design Ltd.
From display cases to aquariums, we make almost anything out of plastic!
468.3233 • 191 Joseph Zatzman Dr, #17, Dartmouth


DID YOU KNOW?
Metro Halifax reaches 131,500 readers over the course of 5 days! That's a heck of a lot of eyeballs!


For 25 years, proudly Canadian. 🇨🇦



WITH **INTERAC®** ONLINE AND **INTERAC®** EMAIL MONEY TRANSFER, SECURITY IS BUILT INTO EVERY CLICK.

With *Interac* online services, your money is securely with you in two ways.

 *Interac* Online lets you pay without sharing personal financial information or card numbers. Merchants don't need your banking information, because the money is transferred through Online Banking and the *Interac* network.

 *Interac* Email Money Transfer lets you electronically send or receive money without sharing personal financial information or account numbers. The money is transferred through Online Banking and the *Interac* network.

As part of *Fraud Prevention Month*, we remind you to always protect yourself online. For more information about both services, visit interac.ca today.

® The *Interac* logo, the armoured truck design and "Everyday Simply" are Trade-marks of Interac Inc. Used under licence.



Everyday Simply®

Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONews.CA

METRO CANADA: TORONTO | OTTAWA | MONTREAL | HALIFAX | EDMONTON | CALGARY | VANCOUVER

Comment

Tory vision clears up

National Report

Lawrence
Martin

metronews.ca/nationalreport

We always used to knock Stephen Harper's

Conservatives for having no vision. The prime minister wasn't one for big words and fancy phrases.

Tom Flanagan, his former top strategist, spoke of incrementalism as being the favoured approach. The Conservatives didn't want to scare Canadians by putting out a muscular policy blueprint that would have them thinking they were in the grip of Republican-styled rednecks.

But four years in, it's become clear that the Conservatives are the party of vi-

sion and the Liberals are the party without one.

We couldn't see what the Conservatives were really up to because they kept taking detours.

Only a year ago, Harper had party purists up in arms with his Keynesian big-spending approach to fighting the recession. It went against all his former precepts. But governance requires pragmatic detours and most of the detours have been taken, and now it's clear what the Conservatives are all about.

They're about law and order, a strong military, smaller government with low tax rates, traditional Anglo-Saxon family values and flag-waving patriotism.

It's classic conservative stuff and a bold departure from the Trudeau-styled lib-

eralism Canadians knew for so long. Progress has been made on all fronts. The crackdown-on-crime bills roll out with regularity. Defence spending has soared and only now will tail off. The GST has gone down two points and other tax reductions, especially for corporations, have been introduced.

Multiculturalism has been curbed. With the emphasis on Arctic sovereignty, the flag has been hoisted in the North and, in this Olympic year, all across the country. Last week's budget signals a shutting down of the spending taps that have been open for so long. With a smaller tax base in place, future governments won't have room for welfare-state initiatives.

On foreign policy, the

Conservatives are displaying a stronger partisanship, moving Canada from its traditional honest broker role. With the provinces, there is more of a decentralizing hands-off approach.

What we've seen so far is only part of what the Tories have in mind. It's only been four years and it's been done with a minority government.

This idea of Canada — a Canada with stronger right-wing values than ever before — may not be what the majority of Canadians want. But it is coming and it's coming fast. And a big reason for this is that no strong alternative has been put in place by the Liberals. They are in the grey middle. They have been lurching all over the place without a concrete vision, leaving the people with no attractive option.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

"It's classic conservative stuff and a bold departure from the Trudeau-styled liberalism Canadians knew for so long."

JIM FLAHERTY TAKES A JET TO A TIM HORTONS IN LONDON, ONTARIO:



Worth mentioning

Asia-Pacific region lags on gender equality: UN

International

Women's Day

Nearly 100 million women across Asia have "disappeared" because of a huge and growing gender gap

tained or serious enough to undercut the severe forms of discrimination that persist," according to the report, compiled by the United Nations Development Program.

And the disparities are spread across the continent, hitting

wealthy countries such as Japan as well as poor countries such as Bangladesh, the report said.

Asia has the highest ratio of male babies born compared to female babies

born, according to the report. In East Asia, which has the greatest disparity, 119 boys are born for every 100 girls. The world average is 107 boys for every 100 girls.

The reason for the disparity is mostly a cultural preference for male children and gender selective abortions.

THE ASSOCIATED PRESS

96

The report estimated that 96 million females "disappeared" in 2007, either in gender-selective abortions or through the disparity in services. There were no separate numbers for deaths caused by gender-selective abortions versus neglect, infanticide and inadequate nutrition and health care.

The report, timed to coincide with International Women's Day, said the Asia-Pacific region lags behind much of the world on nearly all aspects of gender equality because of deeply entrenched traditions favouring men and poor government efforts to counteract them.

"The efforts of individual countries have not yet been broad, deep, sus-

ful for most of them. They can invest in quality content, the kind that's intensely researched, well reported, and diligently edited. Thoughtful and reliable content can give readers depth and understanding they won't necessarily find somewhere else.

There's a reason why people pay for full access to sites like The Economist or the Wall Street Journal. It's because they offer content and analysis that's qualitatively better than most of their competitors' free offerings. For a generation of Canadian publishers who have operated on the premise that editorial content costs are, at best, a nuisance to be tolerated, this could be a revelation.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.

Views

Finding a way to make online users pay

InBusiness

Charles
Davies

metronews.ca/inbusiness

The past several years haven't been much fun for publishers of newspapers and magazines. Declining circulation and plunging ad revenues have ravaged bottom lines.

Some newspapers — the Seattle Post Intelligencer, the Christian Science Monitor — have shuttered their print editions and become solely online publications, while other major names like the Boston Globe have been threatened with shutdowns. Last year, 367 U.S. magazines closed. They were mostly small local

and regional publications, but the list included a few venerable names, like Gourmet and Editor and Publisher.

At least the decline was an improvement on 2008, when 526 magazines closed for good. Even in Canada, where newspaper readership remains remarkably stable, profits have been pinched and costs (most often in the form of editorial salaries) are being ruthlessly pared.

The aging of the print generation is one reason for the overall decline, and recessions don't help either. But the big problem is the Internet. Every publication has a website and, while they generate some ad revenues, in most cases content is being given away.

Publishers are dying to find ways to make the In-

ternet pay, and now they have some measure of just how hard a sell it's going to be. A recent Nielsen Company survey of more than 27,000 consumers in 52 countries found that 85 per cent think Internet content that's now free should stay that way. Why buy the cow when you can get the milk for free, right?

While many would consider paying for certain types of content, in particular, movies, music and games that are professionally made, newspapers and magazines are a different matter. People are more reluctant to pay for them because their online content has become a commodity that's readily available from multiple sources.

There is, however, a solution for publishers, even though it will be distaste-

Tell us your views by email to halifaxletters@metronews.ca or comment on metronews.ca or on Twitter @metrohalifax

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

Tim Hortons Brier

EDITOR: DON.MCHOULL@METRONEWS.CA

Save your best games for last

Howard's rink is on fire, but he knows toughest opponents are coming

MATTHEW WUEST
matthew.wuest@metronews.ca

Glenn Howard is focused on how he finishes the week at the Brier, but he can't complain about his start.

The Ontario skip is alone atop the leaderboard after three days of action at the Metro Centre, leading the field at the 81st edition of the event with a perfect 5-0 record.

Competing at the 12th Brier of his career, Howard thumped Nova Scotia's winless Ian Fitzner-LeBlanc 9-3 last night and also took down New Brunswick's James Gratton — featuring his nephew, Steven Howard — 7-4 in the afternoon.

"You can't do much better," Howard said.

"We're getting stronger and stronger and more comfortable all the time."

Hot starts are nothing new for Howard.

The 47-year-old started

last year's Brier 8-0 before falling in the semifinals to Manitoba's Jeff Stoughton.

Two years ago, he started 6-0 and eventually fell to Alberta's Kevin Martin in the final.

But he has yet to face his toughest opponents.

"We usually lose to the really good teams and maybe come out flat against them, and they beat us," Howard said.

"We have to be wary of that and make sure we have our better games against the better teams. It's how you finish the week."

Fitzner-LeBlanc, along with third Stuart MacLean, second Kent Smith and lead Philip Crowell, fell to 0-5, missing several open opportunities to keep things close

with Howard. "The reality is, we played two of the top 10 teams in the world," said Fitzner-LeBlanc, a Halifax native who curls out of Mayflower.

"You need to bring your absolute best possible game to hang with them and we didn't."

Nova Scotia also lost to Newfoundland and Labrador's Brad Gushue 10-3 in the

morning draw.

Fitzner-LeBlanc, 25, is shooting 62 per cent, tied for last among skips.

"We came in trying to win every game we play and that focus won't change," he said.

"We're enjoying ourselves, that won't change, we're enjoying the fan support ... We just hope to be able to pick it up. We're getting closer."

"We're getting stronger and stronger and more comfortable all the time."

Ontario's Glenn Howard



Nova Scotia skip Ian Fitzner-LeBlanc yells instructions to his sweepers while Ontario skip Glenn Howard watches during last night's draw at the 2010 Tim Hortons Brier. Fitzner-LeBlanc lost to Howard 9-3 and fell to 0-5 for the tournament. Howard moved to 5-0 and remains the only undefeated team.

BRIER GLANCE

Results after the eighth draw yesterday from the 2010 Tim Hortons Brier at the Metrocentre:

PROVINCE (SKIP)	W	L
Ontario (G.Howard)	5	0
Alberta (K.Koe)	4	1
Manitoba (Stoughton)	4	1
N.L. (Gushue)	4	1
Quebec (Reid)	3	2
Northern Ont. (Jacobs)	3	2
Saskatchewan (McKee)	2	3
New Brunswick (Grattan)	2	3
B.C. (Richard)	2	3
P.E.I. (MacDonald)	1	4
N.S. (FITZNER-LEBLANC)	0	5
N.W.T. (Yukon) (L.Koe)	0	5

YESTERDAY'S RESULTS

SIXTH DRAW
British Columbia 7 Alberta 5
Newfoundland & Labrador 10 Nova Scotia 3
SEVENTH DRAW
Manitoba 6 Quebec 3
Northern Ontario 7 Saskatchewan 6
Ontario 9 New Brunswick 4
Prince Edward Island 9 Yukon/Northern Terr. 3
EIGHTH DRAW
Alberta 9 Saskatchewan 5
Newfoundland & Labrador 7 Prince Edward Island 3
Ontario 9 Nova Scotia 3
Quebec 8 British Columbia 7

SUNDAY'S RESULTS

FIFTH DRAW
Alberta 7 Newfoundland & Labrador 6
British Columbia 9 Nova Scotia 5
Manitoba 8 New Brunswick 4
Northern Ontario 9 Yukon/Northern Terr. 5
FOURTH DRAW
Alberta 9 Prince Edward Island 4
Newfoundland & Labrador 11 Saskatchewan 5
Ontario 7 British Columbia 6
Quebec 8 Nova Scotia 7
THIRD DRAW
Manitoba 9 Prince Edward Island 4
Ontario 9 Northern Ontario 4
Northern Ontario 9 Yukon/Northern Terr. 3
Saskatchewan 7 New Brunswick 4

TODAY'S GAMES

NINTH DRAW, 10:30 A.M.
Yukon/Northern Terr. vs. Manitoba; Saskatchewan vs. Quebec; Northern Ontario vs. New Brunswick; Ontario vs. Prince Edward Island.
DRAW 10, 3 P.M.
Quebec vs. Prince Edward Island; Alberta vs. Nova Scotia; Ontario vs. Saskatchewan; British Columbia vs. Newfoundland & Labrador.
DRAW 11, 7:30 P.M.
New Brunswick vs. Newfoundland & Labrador; Northern Ontario vs. British Columbia; Manitoba vs. Alberta; Nova Scotia vs. Yukon/Northern Terr.

WEDNESDAY'S GAMES

DRAW 12, 10:30 A.M.
Saskatchewan vs. British Columbia; Newfoundland & Labrador vs. Ontario; Prince Edward Island vs. Nova Scotia; Quebec vs. Alberta.
DRAW 13, 3 P.M.
Nova Scotia vs. Northern Ontario; New Brunswick vs. Alberta; British Columbia vs. Yukon/Northern Terr.; Newfoundland & Labrador vs. Manitoba.
DRAW 14, 7:30 P.M.
Manitoba vs. Ontario; Yukon/Northern Terr. vs. Saskatchewan; New Brunswick vs. Quebec; Prince Edward Island vs. Northern Ontario.

THURSDAY'S GAMES

DRAW 15, 10:30 A.M.
Alberta vs. Yukon/Northern Terr.; Nova Scotia vs. Manitoba; Newfoundland & Labrador vs. Northern Ontario; New Brunswick vs. British Columbia.
DRAW 16, 3 P.M.
Prince Edward Island vs. New Brunswick; Quebec vs. Northern Ontario; Saskatchewan vs. Manitoba; Yukon/Northern Terr. vs. Ontario.
DRAW 17, 7:30 P.M.
Newfoundland & Labrador vs. Quebec; British Columbia vs. Prince Edward Island; Alberta vs. Ontario; Saskatchewan vs. Nova Scotia.

THE CANADIAN PRESS

Pre-tournament favourites earning their top billings at Brier

MATTHEW WUEST
matthew.wuest@metronews.ca

NO SURPRISE The cream is rising to the top at the Tim Hortons Brier.

Brad Gushue of Newfoundland and Labrador, Jeff Stoughton of Manitoba and Kevin Koe of Alberta kept within striking distance of unbeaten

Glenn Howard of Ontario by improving their records to 4-1 at the Metro Centre yesterday.

All four were considered pre-Brier favourites.

"I don't think that's a big surprise, that's what most people thought coming in," Koe said. "I think

it will be like that for the rest of the week, though there are a couple of (other) solid teams ... B.C., Northern Ontario ... So you've got to keep going."

Gushue bounced back from a Sunday loss to Koe and won two, toping P.E.I.'s Rod MacDon-

ald 7-3 last night and Nova Scotia's Ian Fitzner-LeBlanc 10-3 in the morning.

"It's still early and a lot of (the top teams) haven't played each other yet," Gushue said. "There's still a long way to go and we have a lot of tough games ahead of us."

Koe, who lost 7-5 to British Columbia's Jeff

Richard in a close morning contest, put three on the board in the sixth and eighth ends to blow open another tight one last night in a 9-5 victory over Saskatchewan's Darrell McKee.

Stoughton, who won the Brier in 1995, beat Quebec's Serge Reid 6-3 in his only game of the day yesterday.



Brad Gushue



Brier Days at
Clearwater

Lobster Tails
Clearwater Prime Frozen
Raw (1-2 oz shell off)

3.99ea
BUY 3 GET 1 FREE
(while supplies last)

For fresh top quality Seafood, drop into one of our retail locations. Pack for travel or order online. We deliver directly to your door, anywhere in Canada and the United States!

www.clearwater.ca
Dedicated to sustainable seafood excellence.

Hotel Delivery available. Call for details.

757 Bedford Hwy • 902.443.0333
Open 7 days a week 9am-6pm

Halifax Int. Airport • 902.873.4509
Open 7 days a week 6am-9pm

Former Toronto Argonauts quarterback Cody Pickett has landed a job with the Grey Cup champion Montreal Alouettes. The Als announced yesterday that they have signed the 29-year-old pivot, who was released last month by the Argos. **TORSTAR NEWS SERVICE**

Sports

EDITOR: DON.MCHOULL@METRONEWS.CA



McNabb, T.O. team up again

Donovan McNabb will be throwing passes to Terrell Owens again. McNabb, left, and Owens are teaming up on a basketball court instead of a football field in the new season of Spike TV's Pros vs. Joes. The episode features NFL players that played U.S. college basketball against former NBA stars. McNabb, Owens and Antonio Gates will face Hakeem Olajuwon, Kenny Smith and Toronto's Rick Fox. **THE ASSOCIATED PRESS**



Halifax Lions goaltender Kody Blois tracks the puck as Adam Chipman of the Pictou County Weeks Crushers drives the net in Maritime Junior A Hockey League playoff action at the Forum last night.

Crushers pull even with Lions

JUNIOR A HOCKEY A couple of late goals last night lifted the Pictou County Weeks Crushers back into their Maritime Junior A Hockey League Bent Division semifinal with the Halifax Lions.

The Crushers scored twice in a 17-second stretch in the third period to earn a 3-2 victory over the Lions at the Forum to even the best-of-seven series at one game apiece.

Former Halifax Mooseheads defenceman Scott McDonald put one home on the power play at 14:49 to tie it and Dan Joyce scored an unassisted tally at 15:06 to win it.

Stuart Lenehan and Dylan King found the net for the Lions, while goalie Kody Blois turned in a 54-save showing.

Game 3 is tomorrow in New Glasgow.

METRO HALIFAX

Sports in brief

CFL Former Saint Mary's Huskies quarterback Erik Glavic is among 58 invites to the Canadian Football League's prospect evaluation camp starting Friday in Toronto. Glavic, who transferred to the Calgary Dinos last season and won the second Hec Crighton award of his career, is one of three quarterbacks on the list. He will look to assert himself as a top prospect for the CFL draft on May 2.

HOCKEY Cole Harbour's Blake

Gallagher has been named a first team Ivy League men's hockey all-star. The Cornell Big Red senior forward finished second in conference scoring with 17 goals and 17 assists for 34 points in 29 games. **HOCKEY** Randy Cameron scored two goals as the Montreal Wildcats beat the Montreal Junior 4-1 in Quebec Major Junior Hockey League action yesterday.

METRO NEWS SERVICES



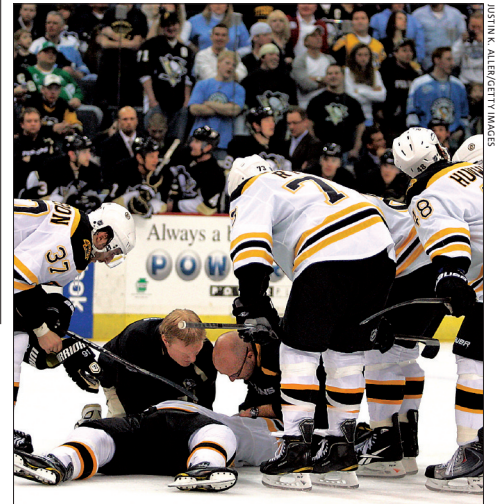
Save up to 50% on brand name luggage: Samsonite, Burton Jansport, and Delsey

KELLYS LUGGAGE

what a way to go!

Halifax Shopping Centre 454-8654 Park Lane Mall 463-0184 Repair Centre 423-6938

www.kellysluggage.com



Boston Bruins players gather around injured teammate Marc Savard on Sunday night.

No easy fix for head shots

As more ugly head shots make news, the NHL's 30 general managers are still wrestling with how to handle the issue.

The GMs were presented with an avalanche of information about concussions and various types of checks on the opening day of their annual meeting yesterday, but they seemed no closer to a recommendation that could lead to fewer hits to the head.

And the pressure is mounting. After watching Boston Bruins forward Marc Savard carried from the ice on a stretcher and hearing players start to voice concern, many are looking to the GMs to make some kind of recommendation by the time their meetings wrap up tomorrow.

It won't be easy.

"I hope that we can do something that can help fix part of the problem, but it's not really as cut and dry as a lot of people

VideoOnline
Watch Matt Cooke's hit on Marc Savard at metronews.ca/sports

think," said Carolina Hurricanes GM Jim Rutherford.

The managers have discussed the issue several times in the past, including at these meetings a year ago after former NHL Players' Association executives Paul Kelly and Glenn Healy raised it.

They've yet to find an acceptable way to reduce the head hits while still maintaining the physical nature of the sport.

The GMs will break into smaller groups today to discuss a variety of topics — including head shots — and could come up with a recommendation before going home. Any rule change is subject to the approval of the competition committee and board of governors.

THE CANADIAN PRESS

SCOREBOARD

NHL

YESTERDAY'S RESULTS
Dallas 4 Washington 3 (SO)
Columbus at Los Angeles

TODAY'S GAMES

Boston at Toronto, 8 p.m.
N.Y. Islanders at Philadelphia, 8 p.m.
Nashville at Atlanta, 8 p.m.
Tampa Bay at Montreal, 8:30 p.m.
Calgary at Detroit, 8:30 p.m.
Florida at Minnesota, 9 p.m.
Vancouver at Colorado, 10 p.m.
Ottawa at Edmonton, 10 p.m.
Columbus at Anaheim, 11 p.m.

NBA

YESTERDAY'S RESULTS
Cleveland 97 San Antonio 95
Dallas 125 Minnesota 112
Memphis 107 New Jersey 101
New Orleans 135 Golden State 131
New York 99 Atlanta 98

TODAY'S GAMES

Miami at Charlotte, 8 p.m.
Philadelphia at Indiana, 8 p.m.
L.A. Clippers at Orlando, 8 p.m.
Houston at Washington, 8 p.m.
Utah at Chicago, 9 p.m.
Boston at Milwaukee, 9 p.m.
Sacramento at Portland, 11 p.m.
Toronto at L.A. Lakers, 11:30 p.m.

Jays manager happy with Romero's three shutout innings

BASEBALL Toronto manager Cito Gaston thinks Ricky Romero is a much improved pitcher now that he has some experience.

The 25-year-old left-hander pitched three shutout innings, allowing four hits and striking out two in the

Blue Jays' 4-1 win over the Houston Astros yesterday.

Romero went 13-9 in 29 starts as a rookie last season. He strained an oblique muscle and missed 24 games early in the year but still pitched 178 innings, second on the team to ace

Roy Halladay. With Halladay traded to Philadelphia, the more mature Romero could be the frontrunner to take over the No. 1 spot in the rotation.

"He's got experience," Gaston said. "It doesn't matter who you are, you're go-

ing to be a little bit nervous when you're pitching in the big leagues for the first time, or playing or going up to this. Now's he's got some experience behind him. He's been successful and he just gets better all the time." **THE ASSOCIATED PRESS**

Steelers QB hires lawyer

Authorities also said the woman has hired an attorney. **THE ASSOCIATED PRESS**

METRO NEWS SERVICES



SCANLIFE

PLAY GAMES online at metronews.ca and in Metro's Take Five. *Do it daily.* metronews.ca



**The greatest time to buy a Toyota
just got a whole lot greater.**

Introducing Atlantic Canada's best Red Tag Days Event ever.

0% FINANCING FOR UP TO 60 MONTHS
on select models[†]



CITY: 38 mpg, 7.5L/100km | HWY: 50 mpg, 5.6L/100km ‡

CITY: 35 mpg, 8.1L/100km | HWY: 46 mpg, 6.2L/100km |

2010 Corolla CE

0% FINANCING FOR 48 MONTHS^{††}

\$192 SEMI-MONTHLY FINANCE††

Lease From
\$179
Per Month
(60 Mo.)*

MONTHLY PAYMENT	DOWN PAYMENT
\$179	\$1,580
\$208	\$0

STARTING FROM
\$15,460[†]

\$500 Customer Incentive**

\$500 Grad Rebate[¥]

2010 Matrix AUTOMATIC
TRANSMISSION0% FINANCING FOR 48 MONTHS^{††}

\$218 SEMI-MONTHLY FINANCE††

Lease From
\$199
Per Month
(60 Mo.)*

MONTHLY PAYMENT	DOWN PAYMENT
\$199	\$1,405
\$224	\$0

STARTING FROM
\$16,440[#]

^s500 Customer Incentive**

\$500 Grad Rebate[¥]

2010 Camry LE

0% FINANCING FOR 60 MONTHS^{††}

\$249 SEMI-MONTHLY FINANCE†

Lease From
\$299
Per Month
(48 Mo.)*

MONTHLY PAYMENT	DOWN PAYMENT
\$299	\$2,665
\$357	\$0

STARTING FROM
\$24,900[†]



TOYOTA
make things better

Customer incentive has been applied to payments.⁴

Learning Curve

Open house 'makes good sense'

JON TATTRIE
for Metro Halifax



Potential university and college students often approach educational institutions with the hope that they will be kind enough to let them attend, but experts say would-be students should use open days to carefully decide where to invest thousands of dollars.

Kathy Armstrong, a counsellor for students at Halifax West High School, likens open houses to test-driving a car.

"It's really important for students to be educated

"It's really important for students to be educated consumers."

Kathy Armstrong

consumers. If you're going to buy a new car, you're going to test drive a bunch of cars. It's the same thing with university: You're going to spend between \$60,000 and \$80,000. It makes really good sense to take it for a test drive," she says.

Attend open houses with a list of questions and don't leave until you get the answers. How flexible is the institution? Can you do a dual degree? Can you combine degrees or

take extra courses at other universities? What about summer or part-time classes? How successful are graduates at finding jobs in their chosen fields? What is the student residence like? Can you get a single room?

Armstrong urges students to pay attention when universities and colleges offer information sessions at their high school.

"A lot of times, students don't know what ques-

tions to ask, so going to presentations ... they learn more about what questions they should be asking," Armstrong says. "The good open houses offer opportunities for students to talk to students who are currently at the campus to discuss the pros and cons of being there."

She says students often change their minds about a university or college after a campus visit.

Sherry Ross, an occupational therapist who works with Roth Associates in Psychology in Halifax, says open houses can broaden a student's career horizons.

"High school students tend to gravitate toward careers they know about," she explains.

But just because it's the right job for a student's family or friends, that doesn't mean it's right for them.

"There may be other career options that are well-suited to them, but they're not aware of them," she said.

For that reason, Ross urges students to visit as many open houses and information sessions as possible. Students can see different academic approaches and find the best fit for them. Meeting students and people who work in the field can be invaluable.

"It gives the person a good feel for what's actually involved in that specific occupation, and they may not have considered that."

A partial list of upcoming open houses

• **Acadia University** in Wolfville, N.S., is hosting an Experience Acadia day on Friday. It starts at 9:30 a.m. and runs until 2:30 p.m. Acadia's also running a series of Test Drives. Go to acadia4u.acadiau.ca and click on events for more information.

• **Cape Breton University** answers basic questions about the university and campus and arranges tours via cbu.ca/future-students.

• **Dalhousie University** in Halifax hosts its annual Discover the Unexpected open house once a year — in October. The exact date will be set closer to October. The university offers personalized campus visits through discover.dal.ca.

• **Mount Saint Vincent University** in Halifax has already held its spring open house, but students can check out the university and book a personal tour via msvu.ca/en/home/beamountstudent.

• **The Nova Scotia College of Art and Design's** next open house is in September, but individual campus tours can be arranged (as well as a virtual tour) via nscad.ca/en/home/about-theuniversity.

• **The University of King's College** in Halifax hosts its next open house in the fall,

but individual visits can be arranged throughout the school year at ukings.ns.ca/visit-kings.

• **St. Francis Xavier University** in Antigonish, N.S., doesn't have any upcoming open houses listed, but offers personalized visits and online tours via mystfx.ca/campus/open-house.htm.

• **The University of New Brunswick** has campuses in Fredericton and Moncton. It doesn't have any open days scheduled before the fall, but students can arrange personal visits and a virtual tour at unb.ca/futurestudents.

• **Mount Allison University** in Sackville, N.B., offers virtual tours and personalized visits via mta.ca/apply.

• **The University of Prince Edward Island** in Charlottetown offers virtual tours via upe.ca/studentservices/prospectivestudents and even pays the bridge toll for potential students who want to arrange a personal tour of the campus.

• **Memorial University of Newfoundland** offers customized visits to campuses at mun.ca/become/undergrad and fields questions via a live chat at munlive.ca/undergraduate.php.

— JON TATTRIE
FOR METRO HALIFAX

Every day our students take control of their future.

You can do it too. Learn the practical skills you need to make the most of your career. Our programs are built around our students and their lives. Talk to one of our Admissions Advisors today to find out more about our exciting programs in:

- Continuing Care Assistant
- Health, Wellness and Recreation
- Massage Therapy
- Physical Therapy Assistant
- Pharmacy Technician
- Child and Youth Care Worker
- Makeup Artistry and Design
- Criminology

Eastern College
FORMERLY COMPUCOLLEGE



1-877-297-0777
easterncollege.ca

Halifax Campus: 1526 Dresden Row
Dartmouth Campus: 45 Alderney Drive

ICT® Northumberland College Open House & Career Fair • Sunday, May 2, 1-4 pm

Massage Therapy Diploma Program



1888 Brunswick St, 5th Floor, Halifax
1-888-862-2230; (902) 425-2869

Please join us! Visit our campus, enjoy a free mini-treatment; participate in a wellness class, or explore our Career Fair. *"The Future... It's in your hands."*

Learning Curve is

a special feature that focuses on education and student life.

Take a Test Drive at NSCC

Program gives a preview of the college experience

JON TATTRE
for Metro Halifax



Potential students who want to get an in-depth, hands-on feel for what their college experience will be like can take a Test Drive at the Nova Scotia Community College.

Virginia Johnson, director of student pathways at NSCC, says the Test Drive program started in 2003 when enrolment continued to grow but the available spaces didn't.

"We all know what it's like to be in a classroom where you've got people who it's just not the right fit for them," Johnson says. "We're trying to ensure that when our classes start in September, we've got the most engaged, committed and focused students in the classroom."

"By having the mentor be a current student ... (potential) students would find out the real information about what the program is like."

Virginia Johnson

Test Drive mostly attracts high school students, who can register online. They then go to one of NSCC's 13 campuses across the province for a full- or half-day shadowing a student currently enrolled on the course. That student "mentor" meets them at the door and gives them the scoop on campus life.

"By having the mentor be a current student, we thought that this is where (potential) students would find out the real information about what the program is like, what the faculty is like, what the parking is like, what the food is like. They are getting

not just what we wanted to show, but the real deal," she says.

Test-driving students to meet faculty, attend classes, labs and shops. This gives them a clear and full picture about what is being learned — and how.

Johnson says NSCC runs about 2,000 test drives a year and about 50 per cent of those individuals go on to enroll at the college.

That's just fine with NSCC — Johnson says it's better for the college and the student to find out the fit isn't right earlier rather than later. It may also contribute to the college's 86 per cent retain-

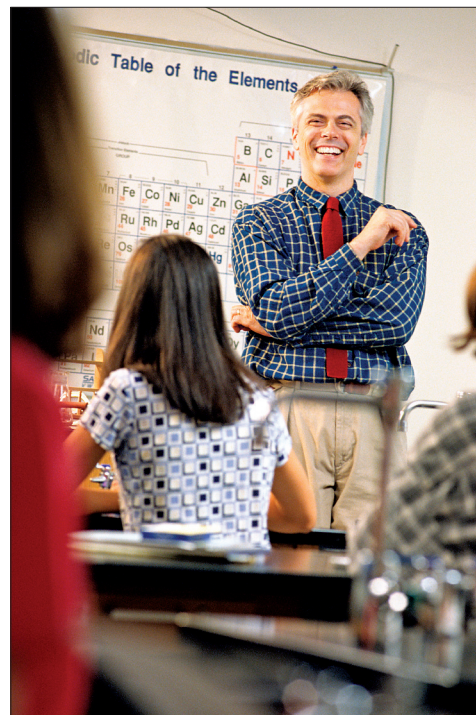
ment rate for enrolled students.

She cites the example of someone drawn to health discovering that being a dental assistant means standing on your feet all day, or a would-be carpenter put off by the idea of working outside in freezing temperatures.

"If you want to be a plumber, but you're not flexible and able to work in small, confined areas ... you should know that before you actually get into the program," she says.

People can sign up for test drives via nsc.ca/Learning_Programs/Test_Drive/, where they will also find short videos from students that give a taste of some courses.

Test Drive runs from mid-October to the end of March. NSCC doesn't have formal open days, but students can always arrange a visit via nsc.ca.



The Test Drive program at the Nova Scotia Community College gives students a chance to meet faculty, attend classes and labs to get a full-picture of what goes on at the college.

Commerce students apply on the spot at SMU's open house

RICHARD WOODBURY
for Metro Halifax



Choosing which university to go to is a serious (and usually expensive) decision, so it's important students be sure they've made the right choice.

To help with this process, those interested in studying commerce at Saint Mary's University's Sobey School of Business can attend an open house at the school on Friday.

"One of the best ways to get to know a school is by actually visiting it," says Jenny Calder, a student recruitment officer at the University. "Saint Mary's has such a close-knit comfortable campus where we're located on one city block, and I think until you actually get to the campus, it's hard to imagine that feel. But once you actually see it, you can imagine yourself walking around actually going to class there, living there."

One of the most interesting parts of this open house will be that students can find out on the spot if they are accepted. All they need to do is bring a transcript and a completed application.

"Then they can actually sit down with the admissions office and actually go over their status and

"Then they can actually sit down with the admissions office and actually go over their status and their applications and speak to someone as they do it and get accepted on the spot."

Jenny Calder

their applications and speak to someone as they do it and get accepted on the spot," says Calder.

The normal \$40 application fee will be waived when students apply on the spot.

At the open house, students will be able to meet with professors, students and alumni to see what the school offers.

"They'll also get to learn about some of the details of the program, (such as) the study abroad options, the co-op and how those work and some of the best ways to get the most out of their degree," says Calder.

The Sobey School of Business currently has about 2,500 students enrolled, with 700 of those being first-year students. This open house will mark the third and final one this year. The arts and sciences faculties had open houses earlier in the year.

Students are encouraged to pre-register for the open house at smu.ca/openhouse, but it

isn't a requirement. Interested students who can't attend the open house can still go on regularly scheduled campus tours. Tours with customized times can also be arranged.

MBA in Community Economic Development Earn an Innovative MBA While You Work!

Program Value - a popular program that provides advanced skills in business, development, leadership, and international management - with community at its core!

Accessible - Learners from across Canada complete the program by attending classes in July only, over three summers, on campus in Sydney.

Learners in Sault Ste Marie, Oshawa, Saskatoon and Edmonton can complete the program by attending classes on alternate weekends in their city and complete the courses over 22 months.

Advanced Standing - recognition of past learning and career knowledge through Prior Learning Assessment.

Enrolment options:

- Part-time July residential program
- Part-time weekend program in 5 cities
- Full-time 1-year program

CHANTAL PELHAM
MBA in CED '11
Project Research Officer
NS Economic Development



CAPE BRETON UNIVERSITY | Shannon School of Business

For more information:
902-563-1467 ~ mba@cbru.ca

What Are You Doing Next Year?



MEET OUR INSTRUCTORS!

Hear them speak about our Paralegal, Medical Admin, Vet Assistant and other programs.

Dreaming about owning your own business?
See how our 20 week course can get you started!

INFORMATION SESSION - TONIGHT (7 - 8:30 pm)
Dartmouth Campus 145 Ochterloney St. (463-6516)

Halifax.Dartmouth.New Minas
www.maritimebusinesscollege.ca



Movement community-driven

Native studies programs first appeared in early '80s and are continuing to grow

RICK MCGINNIS
for Metro Canada



While the idea of native or aboriginal studies began with the birth of identity politics in the '60s, native studies programs didn't hit Canada's academic world until the early '80s, appearing first at prairie and west coast universities.

At the University of Calgary, Prof. James Frideres remembers courses in aboriginal education appearing as early as the '70s, before native groups protested and funding was diverted to native colleges, which led to the program languishing for a decade.

It wasn't until the early '90s when new initiatives were built up, and the U of C began groundwork on an undergraduate program, though at this point there were very few qualified teachers with an indigenous background. In the last few years, Frideres notes that "there was a ma-

A look at some Aboriginal and Native studies programs across Canada

Aboriginal and Native studies programs vary in size, but many universities across Canada offer some course of study, from graduate programs to courses offered annually or biennially. Most are interdisciplinary, and the following is a quick overview of undergraduate degree programs offered across the country.

• **The University of British Columbia's** campus is located on

the ancestral lands of the Musqueam tribes, and their First Nations Studies program offers major and minor studies in conjunction with Art History, Creative Writing to History, Anthropology and Linguistics.

• **The University of Calgary's** International Indigenous Studies program offers a more global approach to Native studies that students can take up to a Bachelor of Arts degree.

• The Department of Native Studies at the **University of Manitoba** has regular and advanced major programs, the latter of which includes a minor in business.

• **The University of Ottawa** offers both major and minor programs at its Aboriginal studies program, as part of the university's Faculty of Arts, focusing on culture, philosophy and language.

• The Indigenous Studies program at **McMaster University** offers courses that can be combined with offerings in the Social Studies and Humanities departments in a BA course load, as well as a minors program.

• **Trent University's** Indigenous Studies program offers a flexible BA program, and even includes a year abroad in Thailand.

— RICK MCGINNIS
FOR METRO CANADA

major shift and that there now were a number of indigenous people who had the qualifications, and they began to enter the academy. And now those indigenous scholars have begun to publish their work.

"There's quite a substantial literature that's been built up."

At McMaster University in Hamilton, acting director of Indigenous Studies Rick Monture remembers the department forming due to the efforts of the

First Nations Student Association, a group comprised of mostly Six Nations Mohawk students, and which was ultimately led by Dawn Martin Hill, the program's director, currently on a research sabbatical.

It started with a Mohawk language course in 1992, and grew thanks to the support of native community leaders both in the city and on the Six Nations Reserve just a half hour away from the campus.

"It was a community-driven

movement," Monture recalls.

"The university was supportive, but it was community leaders who pushed forward the idea."

Aboriginal Studies at the University of Toronto began in the early '90s, and Eileen Antone, now the program's director, began working there in 1999, working with transitional year students. Like most native studies programs, it hosts a mix of students — non-native students in

some programs can vary from 50 to 80 per cent — but native students have the use of a specialized student centre (First Nations House at U of T) and a Centre for Aboriginal Initiatives.

At Simon Fraser University, Prof. Eldon Yellowhorn recalls the First Nations Studies program starting with a language course at its Kamloops campus, before a larger program took shape at the Burnaby campus in the late '90s. He's

seen graduates move on to law school and archaeology, while Eileen Antone says her students have gone on to teaching and social work, and Rick Monture can cite students now working for NGOs, in Indian Affairs and land claims offices.

James Frideres recalls his last two cohorts of graduates: "Two have gone to law school, three work for the provincial government, two are in private sector consulting, three people have gone on to master's degrees, and a handful have gone into oil and gas — Shell, Petro Canada and Trans Canada Pipelines," he says. "Five or six have spread out, gone back to reserve, become band managers; two people have gone to banks — the Royal Bank and the Bank of Montreal."

"The end story is that they all are employed, and in a position that utilized the expertise that they gained from the program."

Corporate Residency MBA



Get there faster.

Personalized leadership development
Exceptional, paid work experience
Innovative curriculum

Seeking the best from every field of study.
Prior work experience not required.
Motivation is mandatory.
Apply now.



**DALHOUSIE
UNIVERSITY**

Inspiring Minds

dalmba.ca



Do you want to be
a Teacher?



University of Maine at PRESQUE ISLE

cordially invites you to our

Information Reception
at **Saint Mary's University**

Wednesday, March 24, 2010, 6-8pm

Sobey Building, Room 255 (903 Robie Street)

Meet with a representative to talk
about various programs offered at the
University of Maine at Presque Isle.

Learn about admissions requirements,
immigration, housing and other areas
of interest.

RSVP by Monday, March 22 to the **UMPI Admissions Office**
telephone 207.768.9532 ★ email admissions@umpi.edu

Coveted coverup

For 10 years, Cover FX has quietly created a cult following across Canada. The original cream foundation (\$39) was crafted to cater to the needs of people with skin disorders but successfully crossed over to beauty, now with more than 30 shades available at Sephora, The Bay and Shoppers Drug Mart. **METRO NEWS SERVICES**



Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

Face forward on fall runways

LIZA HERZ
for Metro Canada



The major fashion shows aren't just a preview of what we'll be wearing six months from now, they also flash some massive clues about the latest beauty trends.

Think of it as the cosmetic culture's version of a crystal ball, a chance to peer into the future and glimpse the latest looks from the Autumn/Winter

2010/11 collections, as seen on four world runways.

This year, if there's anything conclusive to say about the recent ready-to-wear shows in Europe and New York, it's that we'll still be wearing nude lipstick in September.

Unless of course, we're wearing bright orange lipstick instead.

That's the eternal seesaw of beauty. For every trend, a countervailing trend.



New York: Michael Angel went green and natural.

1 NEW YORK

Bright spring-like colours were a definite theme on Gotham's runways: Orange lips at Max Azria and Richard Chai, ice blue eye shadow at Jason Wu. Maybelline New York's global makeup artist Charlotte Willer giddily underlined eyes in vivid green for Michael Angel (see Maybelline's Irresistibly Ivy Eye Studio palette, \$12), then paired it with a subtle, nude lip colour (Maybelline Color Sensational lipstick in Born with It, \$10) dabbed on by finger for a soft, edgeless look.



London: Mulberry modernized a classic '60s look.

2 LONDON

Lush and seductive were the bywords in Londontown. Stained berry lips at Pringle of Scotland, eyeliner lining mouths at Vivienne Westwood. At Mulberry the smoky cat eye added an edge of retro allure to the bright, flirty clothes. Unlike a precise cat-eye rendered in liquid eyeliner, the smoky look is virtually goof-proof because the smudgier it looks the better it looks. Try it with Covergirl's Smoky ShadowBlast in Onyx Smoke (\$9).



Milan: Gianfranco Ferre revved it up with red.

3 MILAN

Nothing gives you more impact for less effort than bright red lips. This attention-getting trend appeared all over Milan: with minimal eye makeup at Gianfranco Ferre; with a smoky cat eye at DSquared; and in an over the top trifecta of red, at Luisa Beccaria, MAC's makeup artists went all out using MAC's Cherry pencil (\$15.50), Ruby Woo lipstick (\$16.50) and Russian Red lip glass (\$16.50). La Dolce Vita indeed.



Paris: Balmain banished full-fledged colour.

4 PARIS

A healthy glow? Mais, non! Pale skin dominated the Paris shows, paired with a defined brow and a soft pink mouth at Nina Ricci, Balmain, and Dries Van Noten. At Balenciaga the girls were as translucent as space aliens with only a soft circle of blush for colour. Get the look with Clarins Cotton Flower Collector Face Palette (\$42), a subtle shimmering veil that evens skin tone and adds luminosity.



Your ex. Your sister.
Your brothers girlfriend ...
This could get awkward.

If you can't see which one is which, **come see us.**

Doctors Eye Clinic
Doctors of Optometry

www.DoctorsEyeClinic.com | 902.454.2020
Sackville | Spring Garden | Spryfield | Scotia Square | Fall River

BOTOX, a neurotoxin that decreases muscle activity, was approved to use in Canada 20 years ago this week. The same substance used to treat medical conditions, such as crossed eyes and spasticity, is also injected in smaller doses into crow's feet and wrinkles. **METRO NEWS SERVICES**

Mirror, mirror on the wall ...

The J Spot

Josey Vogels

metronews.ca/thejspot

Poor body image is probably one of the most common obstacles women face when it comes to enjoying sex. It's hard to focus on pleasure when you're holding in your stomach. But I've always maintained that a less-

"The best way to make your partner feel like you love his or her body is to send out a steady message of acceptance."

than-perfect body carried with self-confidence is way hotter than a flawless body carried self-consciously.

If you carry yourself with sexual confidence, no matter what size or shape you are, people buy into it.

It's like advertising—you know that miracle cream isn't really going to erase wrinkles and make you look years younger immediately but, the way they sell it, it's darned convincing.

You are your own best marketing machine

Also, if you put your sex-

ual life on hold until some undetermined time in the future when you'll lose 20 pounds, you are denying yourself pleasure now.

Like my favourite makeover stylists Stacy and Clinton of TLC's *What Not to Wear* always say, "Buy clothes for the body you have now."

Stop criticizing your body and focus on what you love about it.

It's got you this far in life. It deserves a little appreciation.

Embrace and focus on what is going on between you and your partner, not what's wrong with your body.

To help boost your sexual self-confidence and improve your body image, get naked with yourself.

Pour yourself a glass of wine (or two) and strut around your house or apartment when you're alone (probably best to draw the curtains).

And just because guys don't sit around and whine to each other about their saggy thighs — "Oh God, Doug, I just hate my gut." "Oh c'mon Steve, you look great!" — doesn't mean body image isn't an issue for them too.

The best way to make your partner feel like you love his or her body is to send out a steady message of acceptance.

We tend to slow down the compliments as we get more comfy in a relationship, when they're really most important.

No need to lie. Just focus on things you genuinely like about your partner and mention them often.

Help your partner accept the things they don't like by compli-



CREDIT UNION ATLANTIC LUNG RUN

SATURDAY APRIL 10, 2010 • HALIFAX • RUN/WALK

I Lead. I Breathe. I Lung Run.
443-8141 • lungrun.ca

THE LUNG ASSOCIATION™
Nova Scotia

menting them and making them realize you're in love with them as an entire package, which means you love the wobbly bits too.

Though you might want to find a better way to phrase it.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Spring clean the noggin

CELIA MILNE
for Metro Canada

Spring has always been a time to freshen up — wearing brighter colours, losing that winter belly fat, cleaning out your home.

Why not spring-clean your brain while you are at it?

"It is certainly possible to give the brain a tune up," says Dr. Alan Logan, a naturopath and author of *The Brain Diet*.



Exercising outside stimulates your brain and improves mood.

They are known to improve mood and cognitive focus. One of the ways they do this is by stimulating the production of a protein in the brain called BDNF, says Logan. BDNF is responsible for regenerating (or tuning-up) the brain cells. Studies of people with depression have found they have low levels of BDNF.

Another brain-healthy habit is to eat breakfast regularly to help sustain mental energy, says Logan. Avoid foods that are high in sugar, trans-fats and saturated fats.

Look for whole grains breads and cereals, which provide a steady fuel supply and avoid the ups and downs of the sugar roller coaster.

Exercise is also crucial for brain health. Like good nutrition, exercise turns on BDNF production in the brain.

Dr. John Ratey, a Harvard psychiatrist who wrote *Spark, the Revolutionary New Science of Exercise*

"The three cornerstones of better brain health are: good nutrition, regular exercise, and keeping the brain stimulated."

and the Brain, has found that exercise supercharges the circuits of the brain and sharpens thinking.

If you can, exercise amidst nature, as has been shown to improve mood even more.

According to Logan, Canadians are 86 per cent more likely to engage in leisure-time physical activity during the summer months versus the winter.

More sunlight (which means more vitamin D), longer days and more exercise may influence the production of the "feel good" brain chemicals, including serotonin.

The third factor in brain health is mental stimulation. Look for ways of challenging your memory and add a variety of brain challenges to your day.

"Doing games, puzzles or simply learning new tasks — as complex as learning a foreign language or as simple as taking alternate routes to work — helps to improve memory and cognitive centres," says Logan.

Tell us who Ü are

book a consultation today and find out how you can feel renu'd

renü

Cosmetic + Reconstructive Surgery

Filler Injections, Body Contouring, Breast Augmentation, Facelift and more.
Go to feelrenud.ca to view a complete list of services.

Call us today to book your consultation or visit us for more information. 5943 Spring Garden Road | 902 492 1586 | feelrenud.ca

Receive a \$50 or \$100 gift certificate with our Botox® or Soft Lift™ treatment. Call us today for details.

Food and rock 'n' roll

Starting April 1, check out Food Network Canada's brand new Canadian series, Bitchin' Kitchen. It explores delicious recipes for life and love with a twisted sense of humour and a rock 'n' roll edge. The host is Nadia G. **METRO NEWS SERVICES**

19

Food



The survey says... more organic

Expect to see more organic produce and locally sourced food on Canadian restaurant menus, a survey of professional chefs reveals. Conducted by the Canadian Restaurant and Foodservices Association, the survey of close to 400 chefs took place in January and February by BrandSpark International, a Canadian market research firm. The top menu trends across the country as identified by the chefs include sustainability, artisanal cheeses, simplicity and back to the basics, nutrition and healthy cuisine. **METRO NEWS SERVICES**

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Canadian Living magazine is on sale now!

Liquid Assets

Peter Rockwell



metronews.ca/liquidassets

Cheap vinos

As the economy shuffles its way back to some form of normalcy the one thing many of you have kept as a souvenir from the last year or so is a new found appreciation for cheap wine.

I know what you're thinking. Hasn't there always been a market for true "table" wines? Sure, but what our latest financial catastrophe happened to coincide with was the arrival of some really decent under \$10 juice at national liquor stores.

And I'm not talking blended in Canada type stuff. The abundance of quality fruit being produced in Argentina, Chile, Australia and the U.S. has meant that for once there's actual variety when you head down to the bargain basement.

California's Gray Fox Vineyards' wines are a good example of inexpensive consistency. Its creamy 2008 Chardonnay (\$6.95 - \$9.99) is all about up-front tropical fruit that will cozy up nicely to roast chicken and simple shellfish-based dishes.



Canadian Living recipe of the month

Pan poached salmon

Poached Salmon with Salsa Verde

PREP: 10 MINUTES
COOK: 10 MINUTES
MAKES: 4 SERVINGS

INGREDIENTS:

- 1 each onion and rib celery, thinly sliced
- 3 thin slices lemon
- 4 sprigs fresh parsley
- ½ tsp (2 mL) each salt and peppercorns
- 4 skin-on salmon fillets (each 6 oz/175 g)
- Lemon wedges

Salsa Verde:

- ½ cup (75 mL) fresh bread crumbs
- 3 Tbsp (45 mL) red wine vinegar
- 1 hard-cooked egg, coarsely chopped
- 1 bunch fresh parsley, stemmed
- 2 Tbsp (25 mL) capers
- 2 anchovy fillets
- 1 clove garlic
- ¼ cup (50 mL) extra-virgin olive oil

METHOD:

1. In wide low pan large enough to hold fish in single layer, bring 3 cups (750 mL) water, onion, celery, lemon, parsley, salt and peppercorns to boil. Cover, reduce heat and simmer for 5 minutes.
2. Add fish; poach just below simmer, covered, just until salmon flakes easily when tested, 5 to 7 minutes. With slotted spatula, transfer fish to plates; remove skin.
3. **Salsa verde:** Mean-



Poached Salmon with Salsa Verde.

while, soak bread crumbs in vinegar for 5 minutes; transfer to food processor. Add egg, parsley, capers, anchovies and garlic; chop finely. With motor running, drizzle in oil and 3 Tbsp (50 mL) of the cooking liquid. Serve with salmon. Garnish with lemon wedges.

Lemon Cupcakes with Chocolate Icing

PREP: 15 MINUTES
COOK: 20 MINUTES
MAKES: 12 CUPCAKES

INGREDIENTS:

- 1 cup (250 mL) granulated sugar
- 4 tsp (20 mL) grated lemon rind
- ½ cup (125 mL) unsalted butter, softened
- 4 eggs
- 2 Tbsp (25 mL) lemon juice
- ¾ cup (175 mL) sifted cake-and-pastry flour

- ¾ cup (175 mL) all-purpose flour
- 1 tsp (5 mL) baking powder
- ¼ tsp (1 mL) baking soda
- Pinch salt
- ½ cup (125 mL) milk

Chocolate icing:

- ½ cup (125 mL) unsalted butter, softened
- ¼ cups (300 mL) icing sugar
- Pinch salt
- 2 oz (60 g) unsweetened chocolate, melted and cooled
- 2 tsp (10 mL) hot water

METHOD:

1. In small bowl and using fingers, rub sugar with lemon rind until fragrant.
2. In large bowl, beat butter until light and pale, about 2 minutes. Beat in lemon sugar, ¼ cup (50

mL) at a time and beating for 30 seconds after each, until fully incorporated, about 5 minutes total. Beat in eggs, 1 at a time, beating well after each (mixture will be runny). Beat in lemon juice.

3. In separate bowl, whisk together cake-and-pastry flour, all-purpose flour, bak-

ing powder, baking soda and salt; sift into butter mixture alternately with milk, making 4 additions of dry ingredients and 3 of milk (batter will look curdled). Scrape into 12 paper-lined or greased muffin cups.

4. Bake in 350°F (180°C) oven until cake tester inserted in centre comes out clean, about 20 minutes. Let cool in pans on racks for 10 minutes. Turn out onto racks; let cool completely.

5. **Chocolate Icing:** In bowl, beat together butter, icing sugar and salt until fluffy; beat in chocolate. Beat in hot water until fluffy. Spread over cupcakes.

online

For more Tested-Till-Perfect recipes, visit canadianliving.com



BURNSIDE HOTEL
DINING ROOM & LOUNGE

Buffet (all you can eat): \$6.95

Mon-Fri Lunch & Dinner

Dining room open 7 days a week

Daily Full Breakfast Special: \$4.99

Availability for meetings, parties, weddings, etc.

FREE Breakfast with Room!

739 Windmill Road, Dartmouth
468-7117

Room specials
Daily starting at \$69
Weekly starting at \$280
Monthly starting at \$699

CLAYTON PARK LOCATION COMING MARCH 2010



WOK BOX
fresh asian kitchen

55 Gale Terrace, Dartmouth Crossing • 406.1965

Yay! metro's kooolest

The Best Halifax has to Offer

Metro News and 96.5 Kool FM want YOU to weigh in on the city's coolest places to eat, party, shop – you name it!

Go to metronews.ca or kool965fm.ca to register your choice for this month's category:

Metro's Kooolest Daycare!

One lucky player will win a prize pack valued at over \$100!

metro
Do it daily.

We Play Anything.
KOOL
96.5 FM

Travis Barker showed off his new tattoo, which honours his longtime friend, the late DJ AM. Barker posted a photo of the thigh tattoo on his Twitter account and tweeted, "Finished my AM tattoo last night." **POPEATER.CA**

Entertainment

EDITOR: DEAN.LISK@METRONWS.CA

The next big thing

Canadian Music Week shines light on up-and-coming acts

TheAudioFiles

Bryan Borzykowski

metronews.ca/music

The biggest music festival in the country kicks off in Toronto this week with 700 acts from across Canada and around the world set to perform. Here are five bands that are poised to make a little more noise than the others for the assembled media and industry delegates at Canadian

Music Week.

Hannah Georgas: You probably haven't heard of Vancouver singer-songwriter Hannah Georgas, but it won't be long until her name is uttered in the same breath as Feist and Emily Haines. Georgas, whose song 'You've Got a Place Called Home' was featured in a Walmart commercial, doesn't sound like the those artists, but her infectious indie rock sounds are just as confident and mature. Her delicate voice, coupled with her brand of edgy pop is a must-see.

Ghostkeeper: It's not every day you hear a band that combines old-timey

folk, blues and noise pop, which is precisely why this Calgary foursome is on a lot of people's CMW lists. The band is difficult to describe — their debut disc starts off with an acoustic and White Stripes-like blues tune, but ends up veering off into distorted blasts of weird rock. It's intriguing and unusual, but catchy and accessible too.

Handsome Furs: This husband and wife duo don't need any more press, but it bears repeating — Montreal's Handsome Furs are easily one of Canada's best acts. Led by Dan Boeckner, one of Wolf Parade's vocalists, the band combine Springsteen-like

songwriting with electro fuzz, wailing guitars and frighteningly intense energy. Live shows are notoriously wild — it's easy to forget that there are just two people on stage — and you'll be singing the songs long after the gig ends.

Postdata: If you like haunting melodies and soft acoustics with an East Coast sensibility, then you have to see Halifax's Postdata. It's actually a new project from Paul Murphy, Wintersleep's frontman, but I'd argue that it's far better than anything he's put out with his band. His debut disc is littered with bright, inspiring vocals overtop quiet finger-



Dance partner

Brooke Burke is set to co-host *Dancing With the Stars* alongside Tom Bergeron, it was announced yesterday. Burke will replace Samantha Harris, who said in January that she was leaving the show. **PEOPLE.COM**



Halifax's Postdata will be in Toronto for Canadian Music Week.

picked guitars and drone keys. Check this out before he returns to his day job.

Rural Alberta Advantage: There are many, many fantastic Ontario acts to see during CMW, but if you're going to see one band from Canada's most populous province, make it the Rural Alberta Advantage. The

group — whose singer hails from Fort McMurray and sings about Alberta — is based in Toronto. People can't get enough of this trio. The straight-up indie rock is filled with countless hooks and wild percussion.

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic.

HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
3/9/10	31	31	31	ABC	News Center 5	World News	Inside Edition	Chronicle	Lost 'Sundown' (HDTV)	Lost 'Dr. Linus' (N)	the forgotten	
	7	7	7	ASN	The Road to Avonlea		Degrassi	TMZ (N)	Lost 'Sundown' (HDTV)	The Middle (N)	Old Christine	Robson Arms
	11	11	11	CBC	Wheel Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes (N)	Kids in Hall	Comedy Fest		The Hour
	2	2	2	CBC-F	Pyramid (SC)	Union-Force	Virginie (SC)	La Factice	Providence (HDTV) (SC)		Le Téléjournal	
	32	32	32	CBS	WBZ News (N)	Evening News	Wheel Fortune	Jeopardy! (N)	NCIS 'Double Identity'	NCIS: Los Angeles (N)	The Good Wife	
	69	69	69	CTM	TVA nouvelles	Le Cercle (SC)	La Factice de la danse (SC)		Rock et Rol	Caméra Café	TVA nouvelles	
	6	6	6	CJCH	Entertainment	ET Canada	The Good Wife 'Fleas'		NCIS 'Double Identity'	NCIS: Los Angeles (N)	News Final (N)	
	9	9	9	CJCH	etalk	Access H.	Law & Order: Special Victims		American Idol	Lost 'Dr. Linus' (N)	CTV News	
	10	10	10	ELTV	(6) EastLink Television				Podium TV	Community Matters		
	36	36	36	FOX	Seinfeld	The Simpsons	Two/Half Men	Two/Half Men	American Idol	Glee 'Sectionals'		Fox First
news	12	12	12	NBC	News (N)	NBC News	Access H.	Extra (N)	The Biggest Loser	The contestants work at a food bank.	Parenthood (N)	
	29	29	29	NW	(6) Power & Politics		The Lang & O'Leary Exchange		Connect with Mark Kelley (N)	CBC News: The National	fifth estate	
	4	4	4	PBS-B	PBS NewsHour (N)		Greater Boston	'Make 'em Lou	Chris Botti in Boston, Part II	T.A.M.I. Show: Rock 'n' Roll's First		
	35	35	35	PBS-D	PBS NewsHour (N)		Business Rpt.	Worldfocus	Steves Europe (9:40) Rick Steves' Europe	Flashpoint (SC)	Steves Europe	
	68	68	68	TQS	Guerre clans	Atomes croch	Oncle Charlie	Roxy (SC)	CSI: NY 'Du sang jeune' (SC)	Squeeze Play	L'Attaque à 5	
	23	23	23	BNN	Business News	Headline	Market Call Tonight		The Close	Market Call	Business News	
	18	18	18	CNN	(6) The Situation Room With Wolf	Blitzer (N)			Campbell Brown (N)	Larry King Live	Cooper 360	
	54	54	54	GOLF	Golf Central	Play Lessons	Learning	Inside PGA	Top 10 (HDTV)	John Daly	John Daly	Haney Project
	52	52	52	RSE	Connected W-Prime Time		UEFA Champions League Soccer	Arsenal vs. FC Porto (HDTV)			NHL Hockey	
	55	55	55	SCOR	After Wrestling	Covers Experts	Cabby Unlimit	Score Today	Court Surfing NBA news, scores and highlights.			
sports	45	45	45	SPD	Barrett-Jackson 2005		NASCAR	NASCAR Hub	Race in 60 (HDTV) (N)	Monster Jam (HDTV) (N)		Danger-Drives
	53	53	53	TSN	SportsCentre	Curling 2010 Tim Hortons	Brier, Draw 11. (HDTV) From	Halifax. (Live)			SportsCentre	
	43	43	43	FAM	Han. Montana	Wizards-Place	Sonny Chance	Suite Life	Overruled!	Han. Montana	Latest Buzz	Ned's School
	44	44	44	TOON	Jimmy Two	Johnny Test	Johnny Test	Total Drama	Total Drama	6TEEN	Futurama	American Dad
	26	26	26	HIST	Wonder Pets	3rd and Bird	Backyardigans	Night Garden	Waybuloo	Max & Ruby	Franklin	Little Bear
	27	27	27	YTV	iCarly	To Be Indie	iCarly	Scorpion	Malcolm-Mid.	Hates Chris	8 Simple Rules	Family Biz
	16	16	16	A&E	The First 48		Criminal Minds (HDTV)		Criminal Minds 'In Heat'		Criminal Minds	CSI: Miami
	70	70	70	APTN	APTN National News (N)		Fish Out of	Mixed Blessing	Cashing In	Rabbit Fall	Coyote Waits (2003, Mystery)	Adam Beach
	50	50	50	BET	106 & Park: BET's Top 10 Live				Waist Deep ★ (2006, Action)	Tyrese Gibson, Larenz Tate.	Michael Vick	
	37	37	37	BRVO	Emily of New Moon		Buffy St. Marie		At the Concert Hall	Kaeshammer	Side-Dick Dale	Cowboy Junkie
family	25	25	25	CMT	Top 20 Steamiest Videos		Amer. Funniest Home Videos		Reba	Reba	According-Jim	Home Improve.
	49	49	49	COM	Just for Laughs		Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park
	153	153	153	COURT	Missing Link		Missing Link		Video Justice	Dumb Criminal	Struggle for Justice	Missing Link
	38	38	38	DISC	Destroyed	Destroyed	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Swamp Log.
	34	34	34	HGTV	Extreme Makeover: Home		House Hunters	Property Virgin	Outdoor Room	Curb/Block	Sarah's House	House Hunters
	46	46	46	HIST	Ancients Behaving Badly		Ancient Discoveries		Cities of the Underworld		Pawn Stars	Ancients-Badly
	17	17	17	MM	Secret Life of American Teen		Gossip Girl (HDTV) (N)		Degrassi: Next	Degrassi: Next	Muchmusic Countdown	
	19	19	19	MMM	mmtop10.ca		The Daily Fix		Ranked!		mmtop10.ca	Hammertime
	201	201	201	M1	(6:15) Step Brothers		(8:10) Ties That Bind (2009, Suspense)				Wanted ★★ (2008, Action)	
	48	48	48	23	OLN	Mantracker	Ghost Hunters		Destination Truth	Oper. Repo	Oper. Repo	Ghost Hunters
cable variety	51	51	51	PEACH	Friends	Seinfeld	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: Special Victims	Seinfeld
	206	206	206	PIX	(6) Kevin of the North		(7:50) For the Moment ★★ (1993, Romance)				Saved ★★ (2004, Comedy-Drama)	
	67	67	67	RDI	RDI monde	RDI économie	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)	RDI économie
	39	39	39	SHOW	Trailer Park	Wedding SOS	Rich Bride Poor Bride		Party Mamas	Party Mamas	Party Mamas	Wedding SOS
	40	40	40	SLUCE	Whatever	Wedding SOS	Stargate Atlantis (DVS)		Star Trek: Voyager		Medium (HDTV) (N)	Masters
	47	47	47	SPACE	Stargate SG-1		UFC Unleashed (HDTV)		UFC Unleashed		UFC Unleashed	Blue Mountain
	14	14	14	SPIKE	CSI: Crime Scene Invstgtn.		Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)	Dr. Oz Show
	57	57	57	STAR	etalk	TMZ (N)	Ultimate Case Off		Dwarf Adoption Story		19 Kids-Count	Miss Turkey
	21	21	21	TLC	Say Yes-Dress	Say Yes-Dress	Parking Wars	Parking Wars	Rescue Ink		Dog Whisperer	End of Leash
	56	56	56	TROP	End of Leash	Last 10	Zoom animal	Découvrir le monde	May-December	When I Laugh	Quantum Leap	Unscripted (N)
251	251	251	251	WGN	WGN Evening News		Two/Half Men	Family Guy	90210 (HDTV) (N)		Melrose Place 'Orion'	WGN News

critics'corner

Sarah's House

Sarah Richardson has a vested interest in the properties she makes over in this series: They're hers. In the third season, the designer and her partner, Tommy Smythe, tackle the room-by-room renovation of a rustic farmhouse, with an eye always on the bottom line. As she discovers — along with viewers — you can get more house for your money by looking outside the city limits. 3 PM on HGTV



For the Moment

Before becoming a major movie star, Russell Crowe had one of his early big-screen roles in this 1993 romance set in 1942 Manitoba. He plays an Australian recruit in the British Commonwealth Air Training Plan, a program that brought more than 100,000 young men to Canada during the Second World War to train as fighter pilots. 7:50 PM on PIX

The Biggest Loser

The blue and black teams compete in a challenge that tests their strength as each pulls a truck, then puts together a puzzle with crates they had to stop and load along the way. Later, the contestants must work eight-hour shifts at a food bank and make time for workouts, a task right out of real life that proves very challenging for some players. 9 PM on NBC



For March 8th

- Rihanna - Rude Boy
- Hedley - Perfect
- Young Money Ft Lloyd - Bedrock
- Jay Z - Young Forever
- Down With Webster - Your Man
- Boys Like Girls - Two Is Better Than One
- Ke\$ha - Blah Blah Blah
- Justin Bieber Ft Ludacris - Baby
- Adam Lambert - Whataya Want From Me

WE WANT YOU!

You could guest host the Interactive NINE@9 with Kid Craig.



kidcraig@1013thebounce.com

1013 THEBOUNCE.com

Avatar director inspired by Star Wars

James Cameron was so impressed by Star Wars he quit his job as a trucker to become a director. The Avatar filmmaker admits the George Lucas sci-fi epic inspired him to do more with the movie images he had in his head than simply talk about them. **FEMALEFIRST.CO.UK**

entertainment **21**

Rocking a pair of skintight American flag pants, Olympic gold medalist Shaun White attends the Oscars Vanity Fair party.

Glitz and glam at Oscars bash

With his shaggy red hair, black leather jacket and skintight American flag-printed jeans, Olympic gold medalist Shaun White upstaged even Oscar winner Sandra Bullock at a pack of parties around town following the Academy Awards.

The snowboarder was one of a group of Olympic athletes who mingled with A-listers at the parties Sunday, sometimes eliciting "oohs" and "ahhs" from the movie stars themselves.

At Vanity Fair's bash at West Hollywood's Sunset Tower Hotel, a string of celebrities, including Lenny Kravitz and Jon Voight, sought out White. Even Olympic-winning speed skater Apolo Anton Ohno, who wore a sleek tux, looked happy to meet White.

Vanity Fair was steeped in a sea of nominees and winners. Vases of white,

pink and yellow orchids decorated the room, along with bowls of red apples stenciled with "VF."

By the time Sandra Bullock showed up, gripping her best-actress Oscar statuette and mugging for photographers with her husband, Jesse James, the party was in full swing, and White and his crew had left for another bash.

Others attending the party included best-actress nominee Carey Mulligan, who giggled with friends in a corner. Oscar co-host Alec Baldwin joked with Sean Penn. Hilary Swank and Tim Robbins ate burgers from In-N-Out Burger that were served by waiters dressed in the chain's uniform. And best-director nominee Quentin Tarantino, wearing a black knit cap, leather jacket and sneakers, made a beeline for the bar after arriving at 11:45 p.m.

THE ASSOCIATED PRESS

'Cove' village defends its dolphin hunting tradition

DOCUMENTARY The Japanese fishing village featured in The Cove, which won an Oscar for best documentary, defended its practice of hunting the dolphins yesterday as part of a long tradition.

The movie, which mixes stunning underwater shots of gliding dolphins with covertly filmed grisly footage of their slaughter, also claims that dolphin meat is laden with

toxic mercury.

Taiji, a quiet fishing village on the rocky coast of southwestern Japan, kills only a small fraction of the dolphins hunted by the country each year.

But it has long been a target of environmentalists and animal lovers because it uses a method called "oikomi," in which the dolphins are chased into shore, making the hunt more visible.



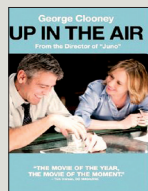
THE ASSOCIATED PRESS

DVD picks

Up in the Air

Director: **Jason Reitman**

GEORGE CLOONEY HAS never seemed more vulnerable or more in tune with a role than he does as corporate downsizer Ryan Bingham, a high-flying Grim Reaper for recessionary times. This isn't the grinning matinee idol of the Ocean's 11 movies or countless magazine fronts, trading on his looks rather than his talent. Clooney puts flesh and blood into his paradox-



ically matters to him as much as it does to director Jason Reitman. Together they are asking how America, a land of boundless optimism and promise, could be reduced to finding

more efficient ways to think smaller.

Hovering above the clouds, Bingham literally floats through life. This thoughtfully entertaining film represents a quantum leap for Clooney, who has never been better, or funnier.

Precious

Director: **Lee Daniels**

PRECIOUS IS RELENTLESS. Set in the bleak Harlem of 1987, it's unyielding in

the appalling ills it heaps upon Claireece (Precious) Jones, an illiterate and morbidly obese 16-year-old who wouldn't know good luck if it smacked her in the head.

Played with astonished grace by newcomer Gabourey Sidibe, the teen uses silence and surliness to shut out the world. The picture painted by director Lee Daniels is almost unbearably bleak, but it feels completely honest.

Peter Howell/for Metro Canada

Our resident experts say it best.



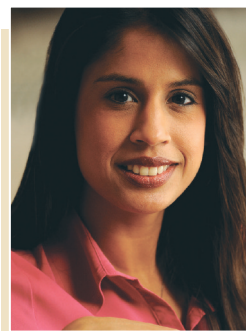
"Ross University was the only medical school I applied to. It has a great track record and I'm just one of thousands of success stories."

—Armin Kamyab, MD '08
Toronto
Surgery Resident



"I am who I am today because of Ross University. I'm a doctor. I attained the residency I wanted, and I made friends for a lifetime."

—Paola Portela, MD '07
Chicago
Pediatrics Resident



"I learned an appreciation for veterinary medicine and have been inspired every day to be the best I can be."

—Priti Karnik, DVM '01
San Diego
Small Animal Surgeon



"Ross gave me the opportunity to pursue the profession I have always dreamed of. It was an experience I'll never forget."

—Michael Higgins, DVM '01
Vancouver
Veterinary Neurologist



ROSS UNIVERSITY
EST. 1978

SCHOOL OF MEDICINE
SCHOOL OF VETERINARY MEDICINE



AMERICAN COLLEGE OF
VETERINARY SURGEONS
PROUD PARTNER

Ross University has graduated over 9,400 successful physicians and veterinarians who are practicing throughout Canada and the U.S.

- We place more medical graduates into U.S. residencies annually than any school in the world
- We place more veterinarians into U.S. practice annually than any school in the world
- Canadian student loans are available
- 3-semester schedule that lets you start in September, January and May

Medical School
Dominica

Veterinary School
St. Kitts

Administrative Offices
North Brunswick, NJ

Attend our Information Seminar

Halifax, NS, Thursday, March 11, 2010
Seminar starts at 7 pm
Westin Nova Scotian, NS

Register online at RossU.edu

Movie trivia: He prepared for Law Abiding Citizen by sitting in rush hour traffic
Gerald Butler reportedly got so infuriated with Victoria Beckham causing a hold-up on the Academy Awards red carpet he ignored waiting photographers and headed straight into the event, femalefirst.co.uk reports. **METRO NEWS SERVICES**

Celebrity Buzz

Follow these celebrities on Twitter...

CelebTweets

ROB THOMAS is committed to keeping his fans updated, **MINDY KALING** develops a new crush, **PETE WENTZ** is only making his son uncomfortable today (so far), and **LILY ALLEN**'s retirement plans do not involve rhetorical coherence.
@ThisIsRobThomas working out. going down to the studio for a while and then i'm going to buy a new i-book. if you care.
@mindykalings Oh, Sam Worthington, your glasses make me think you're imperfect and therefore accessible.
@petewentz the baby does not recognize me beardless or at least he's suspicious.
@lilyroseallen Now that I've retired in gonna try and get on "come dine with me" I'm making chicken tarragon and leek pie tonight.
Yum.

**METRO
NEWS
SERVICES**

Farrah snubbed by Academy?

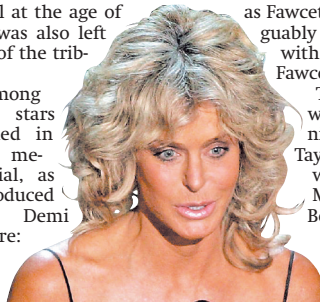
THE ANGELS - AND BEASUS CHRIST - ARE NOT IMPRESSED
Farrah Fawcett was left out of the Oscar tribute to those in the film industry who died last year, usmagazine.com reports.

While the actress — who passed away in June at age 62 after battling cancer — was mostly known for her TV role in Charlie's Angels. But she did appear in multiple movies, including The Cannonball Run, Extrimities and The Apostle. Twitted Star Jones, "FYI...Farrah had a very diverse career...that included

Broadway, TV & Film. She even received a Golden Globe nom."

Golden Girls' star Bea Arthur, who died last April at the age of 86, was also left out of the tribute.

Among the stars named in the memorial, as introduced by Demi Moore:



Patrick Swayze, Ed McMahon and Brittany Murphy. Also included in the tribute was Michael Jackson, who died on the same day as Fawcett and who arguably had less to do with movies than Fawcett.

The tribute was accompanied by James Taylor on guitar who sang In My Life by the Beatles.

**METRO WORLD
NEWS**

Cruise loses control of motorbike

THE ONLY MISSION: IMPOSSIBLE HERE IS TOM'S COOLNESS
Tom Cruise narrowly avoided serious injury after crashing his motorbike in Los Angeles on Sunday, according to femalefirst.co.uk.

The Mission: Impossible star was riding through the city on his motorbike when another car drove through a stop sign in

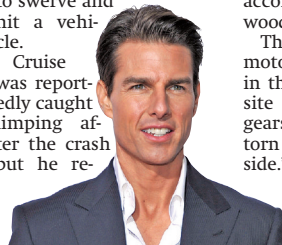
front of him, forcing him to swerve and hit a vehicle.

Cruise was reportedly caught limping after the crash but he re-

fused to go to the hospital, according to HollywoodLife.com.

The actor's red Ducati motorcycle was mangled in the crash and the website reports the bike's gears were "completely torn to shreds on the left side."

**METRO NEWS
SERVICES**



Theron's dress shredded by online fashion police

THE LOOK: FLORAL FEMBOT
Charlize Theron wasn't so chic at Sunday's Academy Awards ... according to fashion critics, usmagazine.com reports. Bloggers ripped on her amethyst and lilac bustier gown with rose and draped detail, created specially for her by John Galiano for Dior.

"Almost every year somebody wears something

off-the-wall crazy to the Oscars, and this year the unfortunate honour goes to Charlize Theron," sniped Eonline. "Yep, those are her lady lumps wrapped in lilac rosettes, courtesy of Dior Haute Couture. This one's going down in the history books along with the swan dresses and pirate costumes."

METRO WORLD NEWS



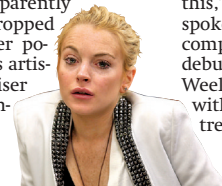
Lindsay relieved of Ungaro fashion duties

ORANGE SKIN AND VACANT, STRUNG OUT EXPRESSION? SO LAST SEASON
Lindsay Lohan has apparently been dropped from her position as artistic adviser for fashion house

Ungaro, according to Women's Wear Daily.

"She's not involved in this," a company spokesperson said as the company's Fall 2010 line debuted at Paris Fashion Week over the weekend with the high-profile actress nowhere in sight.

METRO WORLD NEWS



Miley a 'class act' at Oscars

AND JUST IN CASE THE QUOTATION MARKS WERE TOO SUBTLE, THAT HEADLINE CONVEYS EVERY FIBER OF SARCASTIC IN MY BEING
Miley Cyrus had plenty of people talking at Sunday's Academy Awards, people.com reports. On El's pre-show, she kept slouching in her champagne-coloured silk and tulle Jenny Packham gown.

Then, her middle-aged mom Tish got in front of the camera and spun around, showing off angel wings she has tattooed on her back. Miley, 17, didn't seem embarrassed. She even told host Ryan Seacrest her mom "has nice

choices in tattoos."

Cyrus later ditched her mom at Elton John's post-Oscar bash, where she snuggled with boyfriend (and Last Song costar) Liam Hemsworth.

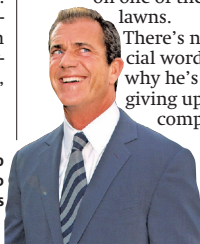
At the bash, they packed on the PDA — when she wasn't furiously texting. He kept touching her affectionately and she was constantly whispering in his ear. Asked on El's pre-show if she's in love, Miley coyly replied, "Maybe."

Gibson home going for a song

HE NEEDS A BIGGER PROPERTY TO ADEQUATELY HOUSE HIS DELUSIONS
Mel Gibson has put his nine-bedroom, 8.5-bathroom Malibu home on the market for a mere \$14.5 million US, according to TMZ. The massive hacienda-style property also boasts tennis courts, indoor and outdoor dining areas and a giant chess set on one of the lawns.

There's no official word on why he's giving up the compound.

**METRO
WORLD
NEWS**



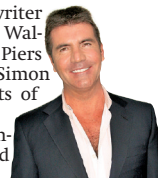
Duelling wedding bells for Cowell and Piers?

'I NOW PRONOUNCE YOU EGO AND WIFE'
Simon Cowell and pal Piers Morgan maybe facing off against each other this summer as they both plan weddings that threaten to conflict with each other, according to the Daily Mail. Cowell has proposed to girlfriend

Meaghan Hussainy, while Morgan is set to wed writer Celia Waldon. "Piers and Simon have lots of friends in common and

want to make sure their dates don't coincide because they both want to be at each other's wedding," a source says. "It's turned into a bit of a joke between them over who's going to send out save-the-date cards first."

**METRO
WORLD NEWS**



Twitter abuzz over Nelson appearance

HEAR THAT? IT'S THE SOUND OF YOUR BREAKFAST CLUB FANTASY DYING
Who stole the show during the touching tribute to late director John Hughes at Sunday's Academy Awards? Judd Nelson, 50, usmagazine.com reports. Fans of Hughes' '80s

teen comedy classics like The Breakfast Club and Ferris Bueller's Day Off were thrilled to see Molly Ringwald,

Matthew Broderick, Anthony Michael Hall and Jon Cryer unite to remember Hughes. But Nelson's shocking appearance inspired hundreds to instantly Tweet their surprise.

METRO WORLD NEWS



BRIER SPECIALS | March 6th - 14th

Open for breakfast 8 a.m. to 11 a.m. | \$4.95 lunch specials
Happy Hour 4:30 p.m. to 7 p.m. | Daily dinner specials.

THE SPLIT CROW PUB
Eat. Drink. Be Social



splitcrow.com | 422.4366
1855 Granville St

**SPLIT CROW
POWER HOUR**
\$2.50 draught

Sat: 4:30pm - 5:30pm
Thurs: 9pm - 10pm
Wed: 9pm - 10pm



Today
Partly cloudy
0° / -6°



Wednesday
Mainly sunny
3° / -5°

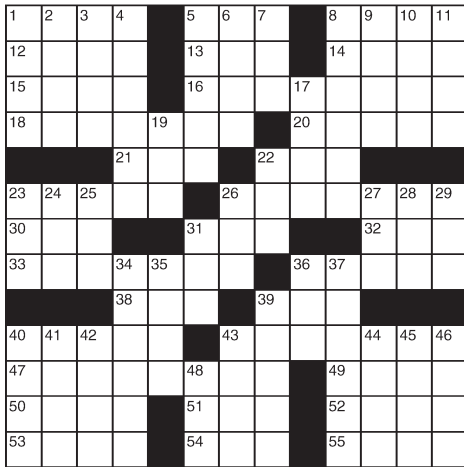


Thursday
Mainly sunny
5° / -3°



For more delicious Metro recipes, visit: metronews.ca/food

Take Five



ACROSS

- 1 Laurel or Musial
- 5 Spring month
- 8 Rolling stone's lack
- 12 Novice
- 13 Id counterpart
- 14 Killer whale
- 15 Related (to)
- 16 World War I infantryman
- 18 Warning signal
- 20 Sail supports
- 21 Have a bug
- 22 NASA deviation
- 23 Cheer up
- 26 Fool
- 30 Bill's co-adventurer
- 31 Toast topper
- 32 Ultra-modernist
- 33 Reliable source of income
- 36 Birth-related
- 38 A billion years
- 39 Triumphed
- 40 Pound fraction
- 43 Glossy coating
- 47 "Is it bigger

- than a —?"
- 49 Neighborhood
- 50 Brewer's oven
- 51 Hearty quaff
- 52 Oodles
- 53 Otherwise
- 54 Chaps
- 55 Break suddenly

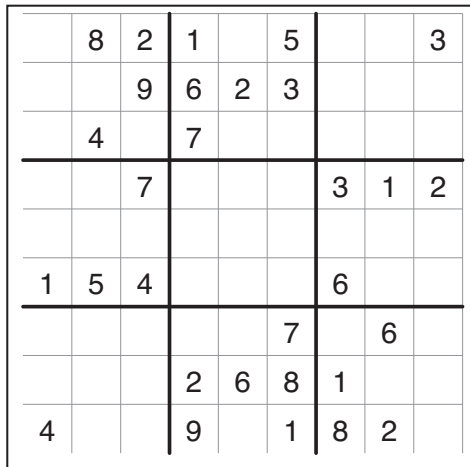
DOWN

- 1 Luminary
- 2 Youngster
- 3 Desert-like
- 4 Low-calorie, maybe
- 5 Hero's award
- 6 Very enthusiastic
- 7 Thee
- 8 Hudson River feeder
- 9 Spheres
- 10 Highlander
- 11 Emulates Simon?
- 17 2008 TARP recipient
- 19 Big fib
- 22 Thanksgiving veggie
- 23 "Yada, yada, yada"
- 24 Meadow
- 25 Billboards
- 26 Mandible
- 27 Pismire
- 28 Vast expanse
- 29 Scale member
- 31 Stewart or Voight
- 34 Underworld goddess
- 35 Unisex, as dorms
- 36 Neither mate
- 37 Chronicles
- 39 Lustrously smooth
- 40 Reed instrument
- 41 Europe/Asia border river
- 42 Capone foe
- 43 Field mouse
- 44 Press
- 45 — good example
- 46 Padlock holder
- 48 Emeril's outcry

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



4	3	6	7	5	8	9	1	2
7	5	9	1	2	3	6	8	4
8	2	1	9	6	4	3	7	5
5	6	2	3	8	1	7	4	9
9	8	3	4	7	6	2	5	1
1	4	7	5	9	2	8	3	6
2	7	5	8	4	9	1	6	3
6	1	4	2	3	7	5	9	8
3	9	8	6	1	5	4	2	7

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Caramelized Onion and Ale Soup with Beef Ribbons

INGREDIENTS:

- 2 tbsp butter
- 2 tbsp olive oil
- 500 g onions, thinly sliced
- 2 tsp white sugar
- 300 g tenderloin steak, cut into 3/4-in thick slices
- 1 garlic clove, crushed
- 1 cup brown ale
- 1 bay leaf
- 3 cups beef stock
- 2 tbsp chopped fresh parsley

METHOD:

1. In large, heavy-based pot, heat butter and 1 1/2 tbsp oil, then stir in onions and sugar. Cover pot with lid and cook, stirring occasionally, over medium heat, 10 minutes. Remove lid, turn up heat and cook, stirring frequently, until onions are softened and golden brown.
2. Meanwhile, heat frying

pan until very hot. Brush steak slices with remaining oil and season lightly. Fry about 3 minutes per side, turning once, until golden brown but still pink inside. Remove from heat and cover with sheet of foil.

3. Add garlic, ale and bay leaf to onions. Bring to boil, then simmer, uncovered, 5 minutes. Add stock, season, then return to boil.

4. Slice steak pieces into thin ribbon strips, adding juices to soup. Discard bay leaf. Ladle soup into wide bowls and place meat strips in centre of each. Sprinkle with parsley and serve.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES

MARCH 21-APRIL 20
You will find yourself in a minority of one today, but it won't worry you a bit. You are used to opposing the status quo.



TAURUS

APRIL 21-MAY 21
It would appear that you have been through your current situation, in one guise or another, before, so you should know what you have to do.



SCORPIO

OCT 24-NOV 22
You cannot convince others to see things your way — the more you try the more they will delight in taking the opposing view.



LIBRA

SEPT 23-OCT 23
You will have to defend your beliefs against someone who thinks they know better than you. It should not be too hard to prove them wrong.



GEMINI

MAY 22-JUNE 21
Anything that ties you down to a set routine must be avoided. Mars in Leo is a restless influence, so there is no point trying to stay in one place.



SAGITTARIUS

NOV 23-DEC 21
You will have fun today but, for some reason, you will feel guilty. Maybe it's because you don't think you deserve to enjoy the good things. Rubbish!



CANCER

JUNE 22-JULY 22
Most likely you will find yourself in the middle of some sort of conflict today and tomorrow. Stay calm and use logic to make your point.



CAPRICORN

DEC 22-JAN 20
Certain emotions may be difficult to deal with but you will have to face up to what is causing you grief.



LEO

JULY 23-AUG 23
This is one of the most important times of the year for you as Mars is about to move in your favor again. Don't get carried away.



AQUARIUS

JAN 21-FEB 18
Opposites attract and someone who is as different to you as it is possible to get will have a major impact on your life.



VIRGO

AUG 24-SEPT 22
You may be tempted to hit back at those who are giving you a hard time but why run the risk of alienating people whose help you may need?



PISCES

FEB 19-MARCH 20
Stick to routine ways of doing things, even if some people criticize you for being old-fashioned.



"I LOVE THIS PAPER"

"This app is a great way to read Metro when on the go" — Real user review

The free Metro Canada application is available on the App Store.

Don't have an iPhone or iPod touch? Visit m.metronews.ca for news on the move.

Available on the App Store

metronews.ca

This day in history

1841 — The U.S. Supreme Court rules that captive Africans who had seized control of the ship carrying them had been taken into slavery illegally.

1933 — Great Depression: President Franklin D. Roosevelt submits the Emergency Banking Act to the Congress, the first of his New Deal policies.

1991 — Massive demonstrations are held against Slobodan Milošević in Belgrade. Two people are killed and tanks are in the streets.

1997 — Comet Hale-Bopp: Observers in China, Mongolia and eastern Siberia are treated to a rare double feature as an eclipse permits Hale-Bopp to be seen during the day. **METRO NEWS SERVICES**

FLIGHT CENTRE Unbeatable

Hawai'i Air + 7 Nights

\$1099

from + taxes & fees \$111

INCLUDES Waikiki accom. **ADD** surf lesson from \$59.

1 866 967 5402 | flightcentre.ca

Conditions apply. Ex. Halifax. Package price is per person, based on double occupancy. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, HST and fuel supplements and are approximate and subject to change.

AIR CANADA VACATIONS



GREAT deals starting at

\$639

*Taxes & other fees
(including service charges): \$297

DOMINICAN REPUBLIC

Puerto Plata

Bahia Principe San Juan • 4 ★

All-Inclusive • Standard rm.
Mar. 17 • 1 wk.

\$639

*Taxes & other fees
(including service charges): \$297

Samana

Gran Bahia Principe

Cayacoa • 4 ★

All-Inclusive • Standard rm.
Mar. 18 & 25 • 1 wk.

\$759

*Taxes & other fees
(including service charges): \$297

TURKS & CAICOS via Toronto

Comfort Suites • 2 1/2 ★

Continental breakfast

Junior suite - Run of the house

Mar. 27, 28 & 31 • 1 wk.

\$1169

*Taxes & other fees
(including service charges): \$239

USA

Las Vegas via Toronto or Montreal

New York New York

Hotel & Casino • 4 ★

Hotel rm.

Mar. 30 • 3 nts.

\$659

*Taxes & other fees
(including service charges): \$154

Florida | Orlando via Montreal

Holiday Inn Sunspree • 3 ★

Standard rm.

Apr. 14 • 1 wk.

\$839

*Taxes & other fees
(including service charges): \$124

JAMAICA

Breezes Bonanza¹

Super-Inclusive®

Run of the house

Apr. 19 & 26 • 1 wk.

\$1199

*Taxes & other fees
(including service charges): \$267

CUBA

Holguin

Sirenis Playa Turquesa • 4 ★

All-Inclusive • Superior rm.

Mar. 20 • 1 wk.

\$899

*Taxes & other fees
(including service charges): \$213

Varadero

Sirenis La Salina Varadero • 4 ★

All-Inclusive • Standard rm.

Mar. 26 • 1 wk.

\$1059

*Taxes & other fees
(including service charges): \$213

ANTIGUA via Toronto

The Verandah

Resort & Spa • 4 ★

All-Inclusive • Hillside suite

Mar. 27 & 28 • 1 wk.

\$1559

*Taxes & other fees
(including service charges): \$242

DEAL to EUROPE

London

Barkston Gardens • 3 ★

Breakfast • Double rm.

May 4, 9, 11 & 16 • 6 nts.

\$869

Complimentary
Hop-on / Hop-off tour
of London

*Taxes & other fees
(including service charges): \$389

DEAL on CRUISES

Norwegian Cruise Line²

Norwegian Jade

Mediterranean Cruise

Flights to Barcelona via Toronto

Interior stateroom, cat. KK

Aug. 1 & 8 • 1 wk.

Complimentary gratuities
& FREE seat selection³

\$1799

*Taxes & other fees
(including service charges): \$481

DREAMS RESORTS & SPAS

DOMINICAN REPUBLIC

Punta Cana via Toronto

Dreams Punta Cana

Resort & Spa • 5 ★

Unlimited-Luxury®

Supersaver rm.

May 8-23 • 1 wk.


\$1349

*Taxes & other fees
(including service charges): \$315

MEXICO

Cancun/Riviera Maya

Dreams Riviera Cancun

Resort & Spa • 5 ★

Unlimited-Luxury®

Premium deluxe oceanview rm.

June 7 & 14 • 1 wk.


\$1559

*Taxes & other fees
(including service charges): \$295



Dreams Punta Cana Resort & Spa

Fly in style - Upgrade to Executive Class® service



PRIVILEGES
FREE advance seat selection
and exclusive features

aeroplan

Earn up to 5,600
Aeroplan® Miles
per member¹

Find us on



DREAMS
Resorts & Spas

aircanadavacations.com
Call 1 866 529-2079 or your travel agent

Departure taxes are extra and must be paid locally: Costa Rica, 26 USD cash; Cuba, 25 CUC cash. Prices in this ad are in Canadian dollars and are valid for bookings made between Mar. 9 & 13, 2010, inclusive. Prices are per person based on double occupancy, unless otherwise stated, from Halifax International Airport. Air & Hotel packages to the Caribbean, Cuba, Costa Rica and Mexico include return flight, the hotel as described and transfers at destination. Air & Cruise vacations include return flight and the cruise as described. Vacations to Europe and the USA include return flight and hotel as described. New bookings only. For dates shown only. Non-refundable. Limited quantity. Subject to availability at time of booking. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Further information available from a travel agent. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures or www.aircanadavacations.com. ¹Aeroplan Miles are not actual miles, but points towards rewards including travel rewards. Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy class per passenger from Halifax to London, are awarded on flight-inclusive travel only, and are per Aeroplan member. For the amount of Aeroplan Miles that can be earned when flying to other destinations, visit www.aircanadavacations.com. For terms and conditions of the Aeroplan program, consult www.aeroplan.com. ²Clients will be notified seven days prior to arrival with the confirmed resort. Four participating resorts Breezes Grand Resort & Spa - Negril, Breezes Resort & Spa - Rio Bueno, Breezes Resort & Spa - Trelawny, and Breezes Resort, Spa & Golf Club - Runaway Bay. Guests must be 16 years of age and over. ³NCL Corporation Ltd. ships' registry: The Bahamas and United States of America. ⁴Complimentary gratuities & FREE seat selection applicable to select 2010 sailings aboard the Norwegian Jade. Applicable to the first and second passenger in each stateroom. ⁵Aeroplan is a registered trademark of Aeroplan Canada Inc. ⁶Air Canada Vacations is a registered trademark of Air Canada, used under licence by Touram Limited Partnership. Visit www.aircanadavacations.com for up-to-date information.